No-bake desserts—perfect for summer!

• BEST RECIPES •™

EASY HOME COOKING

Fun Summer Food

A bonus 16-page recipe section from AZTECA

Easy Citrus Berry Shortcake
(page 83)

INCLUDED IN THIS ISSUE:
A 20-page HEART HEALTHY COOKING section

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ALSO IN THIS ISSUE

• Kids' favorites • Grilling recipes • Picnic menus

AZTECA®

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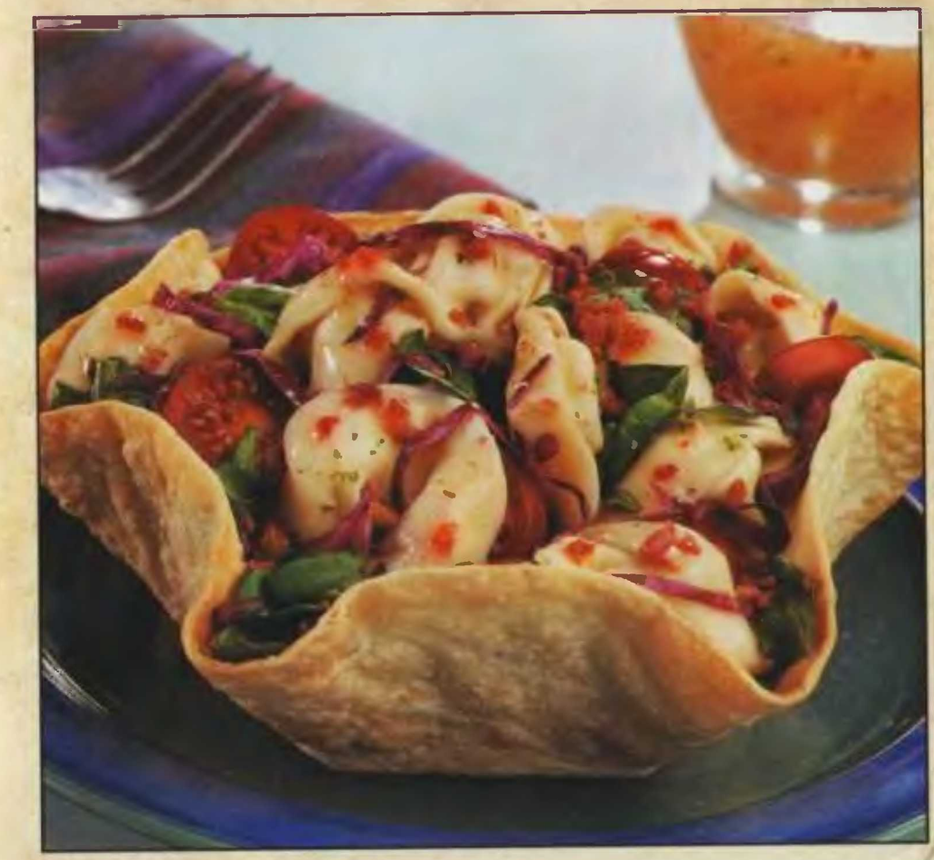

Tortellini Spinach Salad

- 1 package Azteca® Salad Shells
- 1 package (9 ounces) refrigerated cheese tortellini
- 1½ cups shredded red cabbage
- 4 cups fresh spinach, washed and torn into bite-size pieces
- 1 cup cherry tomatoes, cut in half
- ¼ cup sliced green onions
- ½ cup real bacon bits
- 1 bottle (8 ounces) vinaigrette salad dressing

Bake salad shells as directed on package; cool.

Cook tortellini according to package directions. Drain and rinse under cold running water; set aside.

In large bowl, mix together cabbage, spinach, tomatoes, green onions, bacon bits and dressing.

Divide salad among 4 shells. Serve immediately.

Makes 4 salads

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Fruity French Toast Tortilla Wraps

- 2 eggs
- 1 cup milk
- ¼ teaspoon vanilla extract
- Nonstick cooking spray
- 4 Azteca® Flour Tortillas
- 1 cup pie filling or sliced fresh fruit
- Powdered sugar

In shallow pie plate, mix together eggs, milk and vanilla. Spray a large nonstick skillet with cooking spray. Heat skillet over medium heat until hot. Place tortilla in egg mixture, gently turning to coat both sides. Place in hot skillet and cook 1 to 2 minutes per side until golden brown. Remove from pan onto plate. Fill with ¼ cup fruit and roll up. Sprinkle with powdered sugar. Repeat with remaining tortillas and fruit.

Makes 4 wraps

Turkey-Walnut Salad Wraps

- 2 to 4 (depending on size) Azteca® Flour Tortillas
- ½ cup mayonnaise
- ½ teaspoon lemon juice
- ⅛ teaspoon dill
- 1½ cups diced or shredded cooked turkey
- ½ cup shredded romaine or iceberg lettuce
- 1 tablespoon sliced green onion
- 1 medium tomato, diced
- ¼ cup chopped walnuts
- Salt and pepper

Remove tortillas from refrigerator. Let stand at room temperature while preparing filling. In medium bowl, mix together mayonnaise, lemon juice and dill until smooth and creamy. Stir in turkey, lettuce, green onion, tomato and walnuts. Season with salt and pepper, if desired. Divide filling between tortillas. Fold sides over filling. Fold bottom of tortilla over filling and sides, then roll up to close. Serve immediately or wrap and refrigerate.

Makes 2 to 4 wraps

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Thin & Crispy Chicken Pizza

- 1 package Azteca® Salad Shells
- 2 cups (8 ounces) shredded mozzarella cheese, divided
- 1 can (8 ounces) pizza sauce
- 1 cup diced diced or shredded cooked chicken
- 1 small red onion, thinly sliced
- ½ cup sliced green pepper

Preheat oven to 350°F. Bake shells flat on large ungreased baking sheets for 3 to 4 minutes; cool.

Reset oven to 400°F. Sprinkle 2 shells with ½ cup mozzarella cheese each. Place another baked shell on top of cheese. Spread each "top" shell with pizza sauce. Top with chicken, onion, pepper and remaining 1 cup shredded cheese. Place "pizzas" on ungreased baking sheet and bake 7 to 9 minutes or until cheese is melted.

To serve, cut each pizza into 4 wedges.

Makes 8 pieces

Steak Tacos

- 1 pound sirloin steak, cooked and shredded or chopped
- 1 package (1.25 ounces) taco seasoning mix
- ½ cup water
- 8 to 10 Azteca® Flour Tortillas
- ¼ cup sliced green onions
- ½ cup chopped tomato
- 2 cups shredded lettuce
- 2 cups shredded Cheddar or Monterey Jack cheese

In a large nonstick skillet, heat steak, taco seasoning mix and water. Bring to a boil, then reduce heat and cook for 8 to 10 minutes. Heat tortillas as directed on package. Spoon warm steak onto tortillas. Top with green onions, tomato, lettuce and cheese. Fold tortilla over filling.

Makes 10 tacos if using Azteca® Small Flour Tortillas and 8 tacos if using Azteca® Super Size or Burrito Tortillas

Easy Chimichangas

- 1 package Azteca® Salad Shells
- ½ pound lean ground beef or ground turkey
- 2 tablespoons chopped green pepper
- ¼ cup uncooked quick-cooking rice
- 2 tablespoons sliced black olives, drained
- 1 teaspoon chili powder
- ¾ cup salsa
- 1 cup (4 ounces) shredded Cheddar or Monterey Jack cheese
- Salsa
- Sour cream
- Guacamole

Cinnamon & Sugar Snacks

Preheat oven to 375°F. Let salad shells stand at room temperature while preparing filling. In large nonstick skillet, brown ground beef with green pepper; drain. Stir in rice, olives, ¾ cup salsa, and chili powder. Bring to a boil. Reduce heat; simmer uncovered for 5 minutes, stirring occasionally. Remove from heat; let stand 5 minutes.

Place approximately ½ cup meat mixture down 1 side of each unbaked shell to within 1 inch of edges. Sprinkle ¼ cup cheese over meat mixture. Fold side nearest meat over until covered. Fold in 2 sides; roll up. Secure loose edge with toothpick. Place on ungreased baking sheet. Bake 16 to 18 minutes or until golden brown. Serve with salsa, sour cream and guacamole.

Makes 4 servings

Cinnamon & Sugar Snacks

- ½ cup sugar
- 1 teaspoon ground cinnamon
- 1 package Azteca® Flour Tortillas
- Nonstick cooking spray

Preheat oven to 375°F. In small bowl or plastic bag, combine sugar and cinnamon. Cut each tortilla into 6 or 8 wedges. Place wedges in a single layer on baking sheets. Spray wedges with cooking spray. Sprinkle with sugar mixture. Bake 5 to 7 minutes or until wedges are light brown and crisp. Remove chips to a wire rack to cool. Store cooled wedges in a covered container or plastic bag.

Makes 8 to 10 servings

Ham & Cheese Quesadillas

- 4 to 6 Azteca® Flour Tortillas
- 2 cups shredded Cheddar and/or Monterey Jack cheese
- 1 cup diced cooked ham
- ¼ cup sliced green onion

Preheat oven to 375°F. Heat tortillas as directed on package (keep covered until ready to use.) Place shredded cheese, ham and green onion onto half of each tortilla. Fold tortillas in half over filling. Place folded tortillas on lightly greased baking sheet(s). Bake 8 to 10 minutes or until the edges are golden brown and cheese is melted. Cut into wedges and serve.

Makes approximately 6 quesadillas if using Azteca® Small Flour Tortillas and 4 quesadillas if using Azteca® Super Size or Burrito

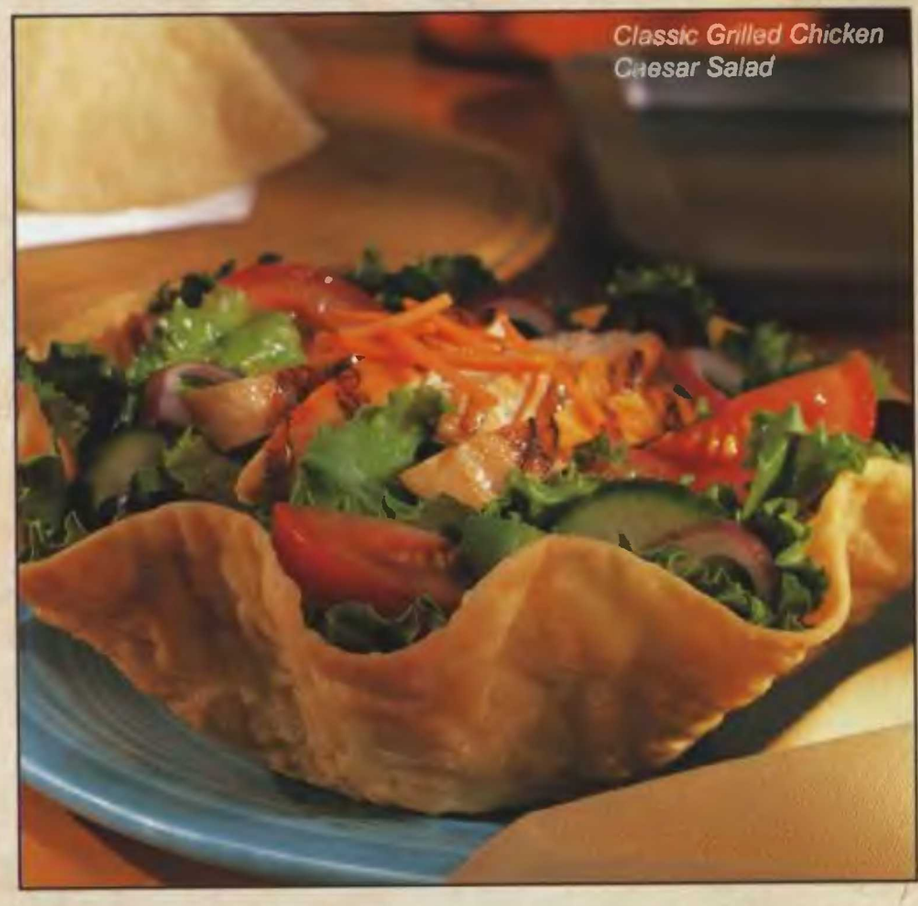
Breakfast Wraps

- 4 to 6 Azteca® Flour Tortillas
- 8 eggs
- 1 tablespoon cold water
- 6 bacon slices, cooked and crumbled
- 1 cup shredded Cheddar cheese

Remove tortillas from refrigerator; let stand at room temperature while preparing eggs. In medium microwave-safe bowl, mix together eggs and water; cover bowl with paper towel. Microwave at HIGH 3 to 4 minutes, stirring once after 2 minutes, or until cooked and fluffy. Heat tortillas as directed on package. Spoon warm eggs onto tortillas. Top with crumbled bacon and shredded cheese. Roll up to enclose filling.

Makes 6 wraps if using Azteca® Small Flour Tortillas or 4 wraps if using Azteca® Super Size or Burrito

Ham & Cheese Quesadillas



Classic Grilled Chicken Caesar Salad

Classic Grilled Chicken Caesar Salad

- 1 package Azteca® Salad Shells
- 4 boneless skinless chicken breast halves
- 4 cups bite-size pieces romaine lettuce
- ¾ cup Caesar dressing
- 1 cup croutons
- ½ cup freshly grated Parmesan cheese
- Freshly ground pepper

Prepare shells according to package directions.

Heat coals or gas grill. Cook chicken over medium heat, covered, 15 to 18 minutes or until meat is fully cooked, turning once. Cut diagonally into thin slices.

Place romaine lettuce in large bowl. Mix in dressing. Divide lettuce among shells. Top with sliced chicken, croutons, Parmesan cheese and pepper.

Makes 4 salads

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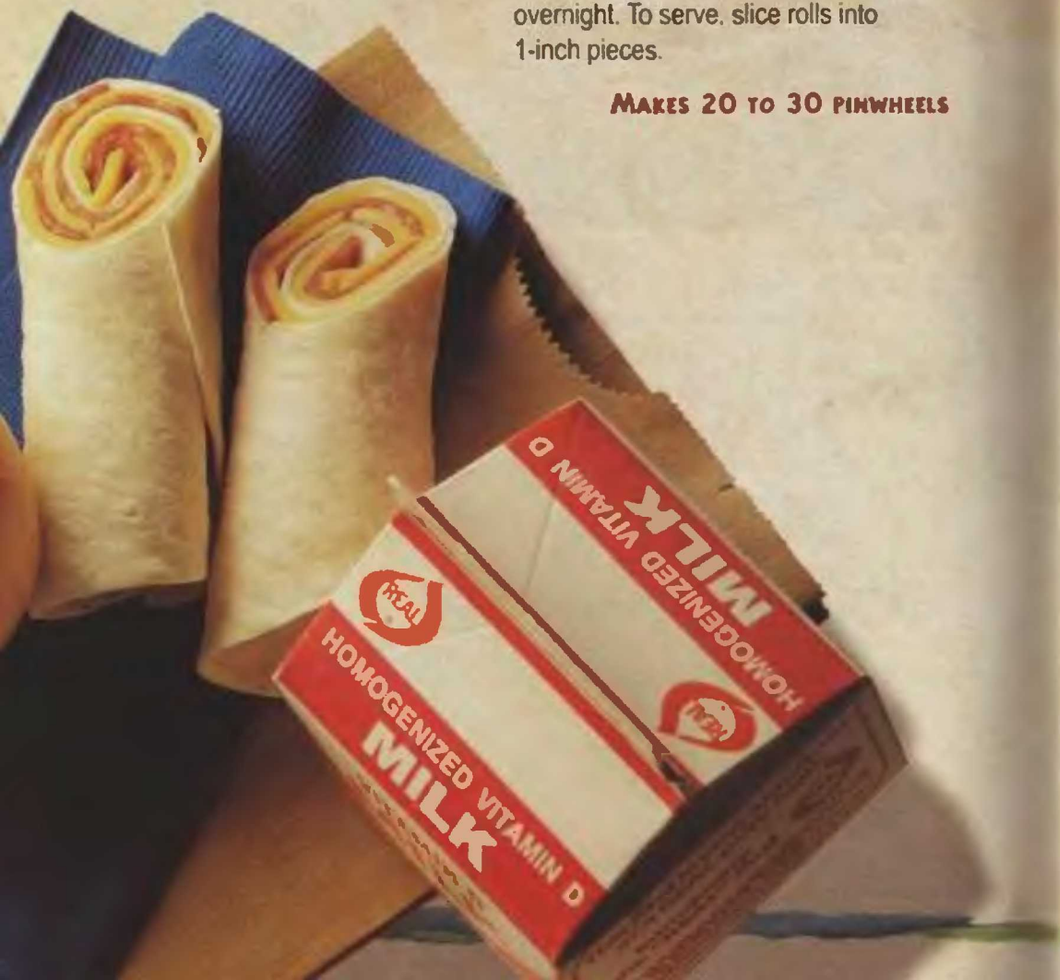
Salami Pinwheels

- 4 to 6 Azteca® Flour Tortillas
- 1 package (8 ounces) cream cheese, softened
- Thinly sliced salami
- Dill pickle slices

Remove tortillas from refrigerator. Let stand at room temperature until soft and flexible (about 15 minutes.) Spread softened cream cheese on 1 side of each tortilla. Place 2 to 3 slices of salami and 3 to 4 pickle slices down center of tortilla, overlapping where necessary. Roll up tortilla as tightly as possible. Wrap individually in plastic wrap. Refrigerate at least 1 hour or overnight. To serve, slice rolls into 1-inch pieces.

Makes 20 to 30 pinwheels



Main Meal Antipasto Salad

- 1 package Azteca® Salad Shells
- 1 package (16 ounces) rotini pasta
- 1 can (15 ounces) garbanzo beans, rinsed and drained
- 1 package (3½ ounces) sliced pepperoni
- ½ cup sliced black olives
- ½ cup thinly sliced green bell pepper
- 1 bottle (8 ounces) Italian dressing

Bake salad shells as directed on package; cool.

Cook rotini pasta according to package directions. Drain and rinse under cold running water.

In large bowl, mix remaining ingredients except dressing with cooled pasta.

To serve, toss salad with Italian dressing. Divide among 4 shells. Serve immediately.

Makes 4 salads

Salsa Tuna Salad in a Shell

- 1 package Azteca® Salad Shells
- ½ cup mayonnaise
- ¼ cup thick and chunky salsa
- ¼ teaspoon black pepper
- 2 cans (6 ounces each) chunk light tuna, drained and flaked
- 1 cup frozen corn, thawed
- 4 cups shredded lettuce

Prepare shells according to package directions.

In medium bowl, combine mayonnaise, salsa, pepper, tuna and corn. Mix gently until all ingredients are combined.

To serve, place 1 cup shredded lettuce in each baked shell. Top with tuna mixture. Serve with additional salsa, if desired.

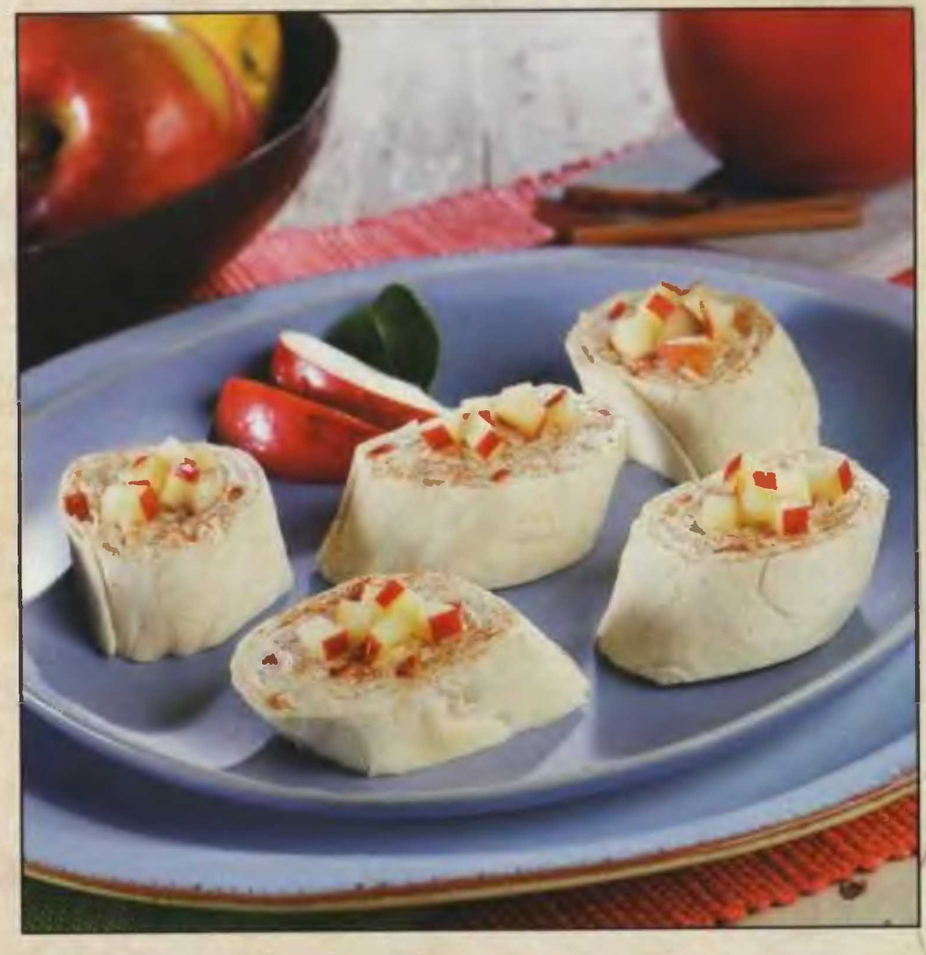
Makes 4 salads

Cheesy Hot Dog Wraps

- 8 hot dogs
- 8 Azteca® Flour Tortillas
- 1 cup shredded Cheddar cheese

Heat hot dogs according to package directions. Heat tortillas according to package directions; keep warmed tortillas covered until ready to use. Place 1 hot dog on each tortilla and top with shredded cheese. Roll tortilla up around hot dog, tucking in ends if necessary. Wrap each hot dog in paper towel and microwave, 1 or 2 at a time, at HIGH 30 seconds.

Makes 8 wraps



Apple Cinnamon Roll Ups

- 6 to 8 Azteca® Flour Tortillas
- 1 container (8 ounces) soft cream cheese
- ¼ cup finely diced apple, plus additional for garnish
- ¼ teaspoon cinnamon, plus additional for garnish

Remove tortillas from refrigerator; let stand at room temperature while preparing filling. In small bowl, combine cream cheese, apple and cinnamon; spread a thin layer on each tortilla. Top with another tortilla and layer of cream cheese mixture. Roll up. Repeat with remaining tortillas. Wrap each roll in plastic wrap and refrigerate, if not serving immediately. To serve, cut each roll into ½-inch thick pinwheels, sprinkle with cinnamon and garnish with diced apple, if desired.

Makes about 4 servings

Chicken & Rice Wraps

- 2 cups shredded, cooked chicken
- 1 package taco seasoning mix
- ½ cup water
- 2 cups cooked rice
- 1 can (8 ounces) tomato sauce
- ½ cup chopped tomato
- ¼ cup sliced green onion
- 6 to 8 Azteca® Flour Tortillas

In large skillet, heat chicken, seasoning mix and water. Bring to boil; simmer uncovered 8 to 10 minutes. Add cooked rice, tomato sauce, tomato and green onion; heat 5 to 6 minutes. Heat tortillas according to package directions. Place approximately ½ cup filling on each tortilla. Fold in sides and roll up to close. Serve immediately or cover to keep warm.

Makes 8 wraps if using Azteca® Small Flour Tortillas and 6 wraps if using Azteca® Super Size or Burrito

Pizza Melts

- 1 cup prepared pizza sauce
- 1 pound ground beef or turkey, cooked and drained
- 8 to 10 Azteca® Flour Tortillas
- 2 cups (8 ounces) shredded mozzarella cheese

Preheat oven to 375°F. In medium bowl, mix together pizza sauce and cooked meat. Heat tortillas as directed on package. Spoon meat mixture onto top half of tortillas. Top with mozzarella cheese. Fold tortillas in half over filling. Repeat for all tortillas. Place folded tortillas on lightly greased baking sheets. Bake for 8 to 10 minutes or until edges are golden brown.

Makes 10 servings if using Azteca® Small Flour Tortillas and 8 servings if using Azteca® Super Size or Burrito

Tortilla Dessert Wedges

- 5 Azteca® Flour Tortillas
- ½ cup plus 1 tablespoon sugar, divided
- 1 teaspoon ground cinnamon
- Nonstick cooking spray
- 1 container (12 ounces) soft cream cheese
- ¼ cup sour cream
- Sliced fresh fruit (strawberries, peaches, kiwi, pineapple, berries, etc.)

Remove tortillas from refrigerator. Preheat oven to 350°F. Combine ½ cup sugar and cinnamon. Spray 1 side of each tortilla with cooking spray. Sprinkle with sugar mixture. Cut each tortilla into 4 wedges. Place in single layer on baking sheets. Bake 8 to 10 minutes or until crisp and golden brown around the edges. Let cool. In medium bowl, combine cream cheese, sour cream and remaining 1 tablespoon sugar. Spread cheese mixture on cooled tortilla wedges. Top with sliced fruit.

Makes 20 dessert wedges

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Baked Apple Puffs

- 4 to 6 Azteca® Flour Tortillas
- 1 can apple pie filling
- 1 teaspoon ground cinnamon
- ¼ cup seedless raisins
- Nonstick cooking spray
- ½ cup powdered sugar
- 1 tablespoon milk

Remove tortillas from refrigerator; let stand at room temperature for 15 minutes or until soft and flexible. Preheat oven to 375°F. Mix together pie filling, cinnamon and raisins. Evenly divide filling onto centers of tortillas. Fold both sides over filling; fold bottom half of tortilla up, then top half down to close. Place seam-side down on a baking sheet sprayed lightly with cooking spray. Spray top and sides of tortillas lightly with cooking spray. Bake 8 to 10 minutes or until light golden brown. In small bowl, mix together sugar and milk. Drizzle over apple puffs. Serve warm.

Makes 4 to 6 servings

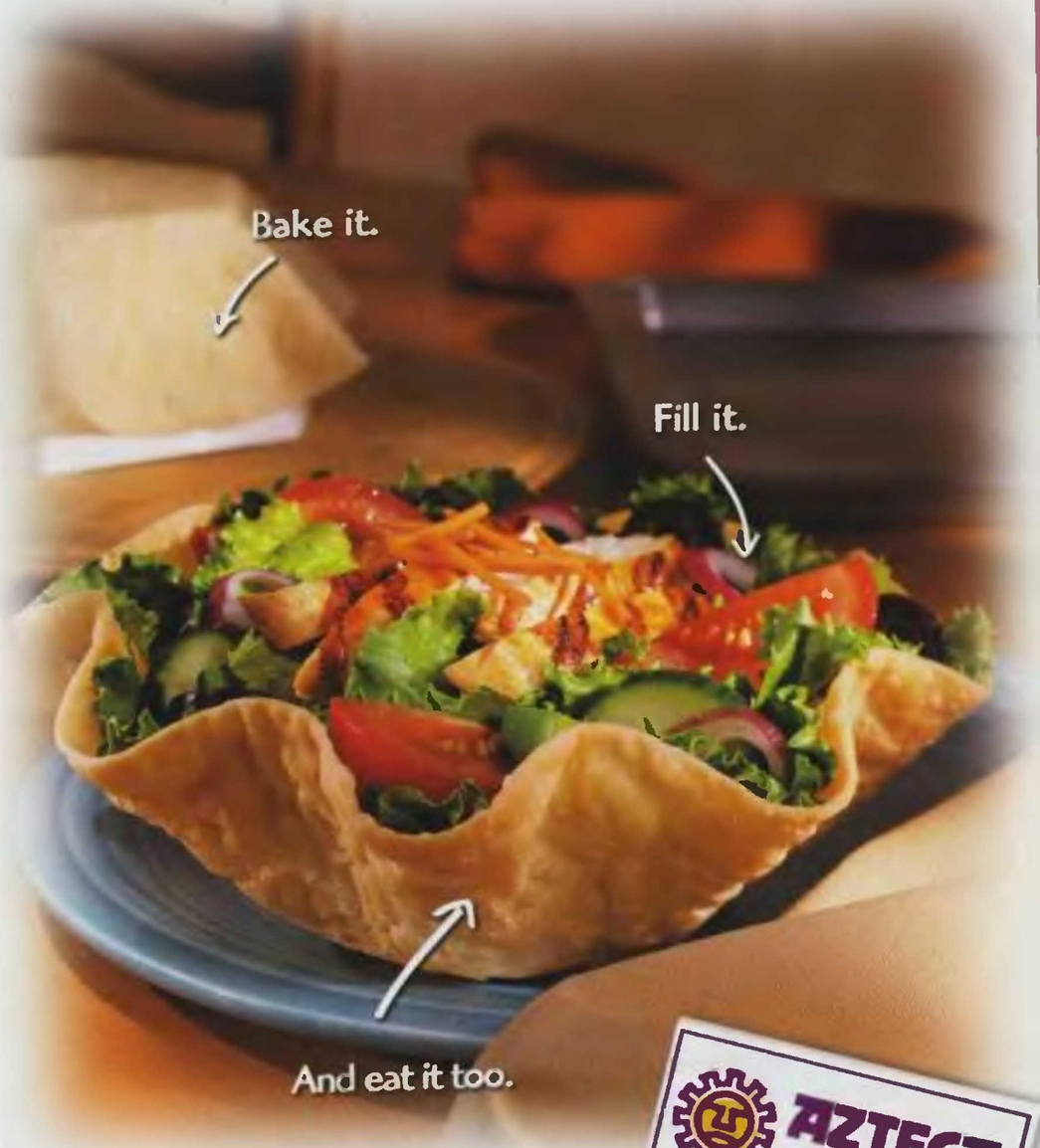
Salsa Chicken Salad Wraps

- 4 to 6 Azteca® Flour Tortillas
- ¾ cup mayonnaise
- ½ cup mild thick-and-chunky salsa
- 3 cups diced or shredded cooked chicken (or turkey)
- Shredded lettuce

Remove tortillas from refrigerator; set aside while preparing filling. In medium bowl, mix together mayonnaise and salsa. Stir in chicken. Refrigerate if not serving immediately.

To serve, heat tortillas according to package directions. Divide filling among tortillas. Top with shredded lettuce. Fold or roll tortillas to enclose filling.

Makes 6 servings if using Azteca® Small Flour Tortillas or 4 servings if using Azteca® Super Size or Burrito



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Picnic Basket

PACK-AND-GO MEALS FOR FUN OUTDOOR DINING

MENU

- Pleasin' Peanutty Snack Mix
- Green Bean and Potato Salad in Dijon Vinaigrette
- New Wave BLT
- Lemon Bars

Pleasin' Peanutty Snack Mix

4 cups whole wheat cereal squares or 2 cups whole wheat and 2 cups corn or rice cereal squares
2 cups small pretzel twists or goldfish-shaped pretzels
½ cup dry-roasted peanuts
2 tablespoons creamy peanut butter
1 tablespoon honey
1 tablespoon apple juice or water
2 teaspoons vanilla
Vegetable oil or butter-flavored nonstick cooking spray
½ cup raisins, dried fruit bits or dried cherries (optional)

1. Preheat oven to 250°F.

2. Combine cereal, pretzels and peanuts in large bowl; set aside.

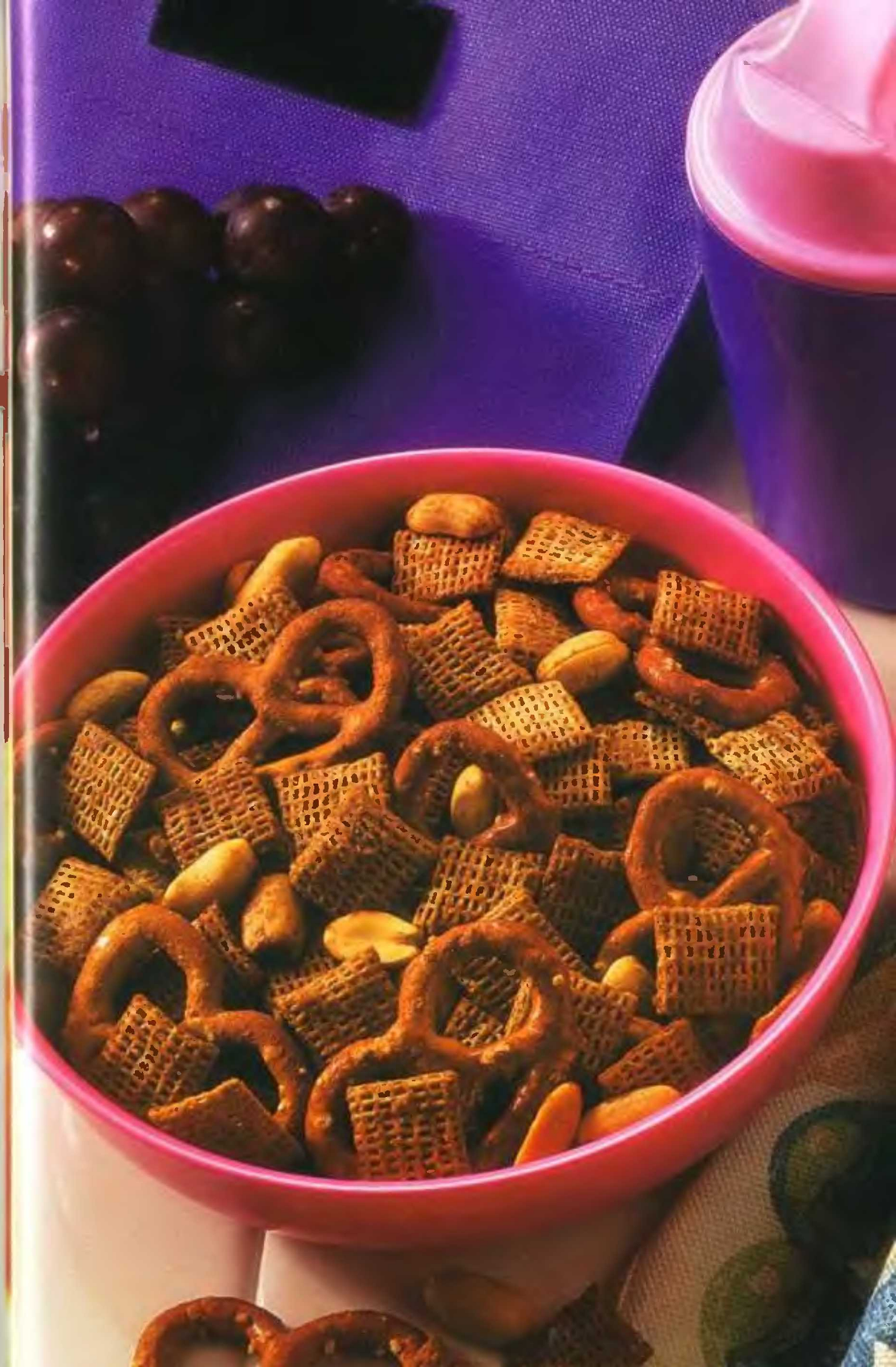
3. Combine peanut butter, honey and apple juice in 1-cup glass measure or small microwavable bowl. Microwave at HIGH 30 seconds or until hot. Stir in vanilla.

4. Drizzle peanut butter mixture evenly over cereal mixture; toss lightly to evenly coat. Place mixture in single layer in ungreased 15×10-inch jelly-roll pan; coat lightly with cooking spray.

5. Bake 8 minutes; stir. Continue baking 8 to 9 minutes or until golden brown. Remove from oven. Add raisins, if desired; mix lightly.

6. Spread mixture in single layer on large sheet of foil to cool.

Makes 10 (¾-cup) servings



Green Bean and Potato Salad in Dijon Vinaigrette

Dijon Vinaigrette (recipe follows)
1½ pounds small red-skin potatoes, unpeeled
10 ounces fresh green beans
1 cup quartered cherry tomatoes
½ cup chopped onion
⅛ teaspoon salt
⅛ teaspoon black pepper

1. Prepare Dijon Vinaigrette; set aside.

2. Place potatoes in 3-quart saucepan; cover with water. Bring to a boil over medium-high heat. Reduce heat to low; simmer, covered, 10 to 15 minutes until fork-tender.

3. Drain potatoes in colander. Rinse under cold running water; drain. Cut potatoes lengthwise into halves with large utility knife; set aside.

4. Stem and cut beans into 2-inch pieces. Place beans in 2-quart saucepan; cover with water. Bring to a boil over medium-high heat. Reduce heat to low; simmer, covered, 5 to 6 minutes until beans are crisp-tender.

5. Transfer beans to colander; rinse under cold running water. Drain; set aside.

6. Combine potatoes, beans, tomatoes and onion in large bowl. Add Dijon Vinaigrette, salt and pepper; toss well. Cover tightly with plastic wrap. Refrigerate 2 to 3 hours.

Makes 6 servings

Dijon Vinaigrette

½ fresh lemon
3 tablespoons honey-Dijon mustard
2 tablespoons red wine vinegar
1 clove garlic, minced
½ teaspoon Worcestershire sauce
⅓ cup extra-virgin olive oil

1. To juice lemon, remove any visible seeds with tip of utility knife. Using citrus reamer or squeezing tightly with hand, squeeze juice from lemon into small bowl. Remove any remaining seeds from bowl; discard.

2. Add mustard, vinegar, garlic and Worcestershire; whisk to blend. Gradually whisk in oil.

Makes ⅔ cup

New Wave BLT

- ¼ cup mayonnaise
- 2 tablespoons chopped fresh basil leaves
- 8 slices whole wheat bread, lightly toasted
- 8 slices crisply cooked bacon
- 4 slices large ripe tomato
- 4 slices SARGENTO® Deli Style Sliced Swiss Cheese
- 4 leaves romaine or red leaf lettuce

Combine mayonnaise and basil; spread evenly over one side of each slice of toast. Layer bacon, tomato, cheese and lettuce on four slices of toast; close with remaining four slices of toast. Cut each sandwich diagonally in half.

Makes 4 servings

TIP: To cook bacon in a skillet, place in a single layer over medium-high heat, turning it 2 to 3 times for even cooking. To bake it, place bacon in a single layer on a rack in a baking pan and bake at 350°F 15 to 20 minutes or until crisp. To microwave, layer bacon between paper towels on a microwave-safe rack and microwave at HIGH (100%) about 1 minute per slice.

Lemon Bars

CRUST
- **2 cups all-purpose flour**
- **½ cup powdered sugar**
- **1 cup (2 sticks) butter or margarine, softened**

FILLING
- **1 can (14 ounces) NESTLÉ® CARNATION® Sweetened Condensed Milk**
- **4 large eggs**
- **⅔ cup lemon juice**
- **1 tablespoon all-purpose flour**
- **1 teaspoon baking powder**
- **¼ teaspoon salt**
- **4 drops yellow food coloring (optional)**
- **1 tablespoon grated lemon peel**
- **Sifted powdered sugar (optional)**

PREHEAT oven to 350°F.

For Crust

COMBINE flour and sugar in medium bowl. Cut in butter with pastry blender or two knives until mixture is crumbly. Press lightly onto bottom and halfway up sides of ungreased 13×9-inch baking pan.

BAKE for 20 minutes.

For Filling

BEAT sweetened condensed milk and eggs in large mixer bowl until fluffy. Beat in lemon juice, flour, baking powder, salt and food coloring just until blended. Fold in lemon peel; pour over crust.

BAKE for 20 to 25 minutes or until filling is set and crust is golden brown. Cool in pan on wire rack. Refrigerate for about 2 hours. Cut into bars; sprinkle with powdered sugar.

Makes 4 dozen bars

MENU
- Chick-Pea Pasta Salad
- Cheesy Sun Crisps
- Tarragon Chicken Salad Sandwiches
- Creamy Coconut-Lime Fruit Salad

Chick-Pea Pasta Salad

4 ounces uncooked spinach rotini or fusilli
1 can (15 ounces) chick-peas, drained and rinsed
⅓ cup finely chopped carrot
⅓ cup chopped celery
½ cup chopped red bell pepper
2 green onions with tops, chopped
3 tablespoons balsamic vinegar
2 tablespoons reduced-calorie mayonnaise
2 teaspoons prepared whole-grain mustard
½ teaspoon black pepper
¼ teaspoon dried Italian seasoning
Leaf lettuce
Cherry tomatoes (optional)

1. Cook pasta according to package directions, omitting salt. Drain and rinse well under cold water until pasta is cool; drain well.

2. Combine pasta, chick-peas, carrot, celery, bell pepper and green onions in medium bowl.

3. Whisk together vinegar, mayonnaise, mustard, black pepper and Italian seasoning in small bowl until blended. Pour over salad; toss to coat evenly. Cover and refrigerate up to 8 hours.

4. Arrange lettuce on individual plates. Spoon salad over lettuce and garnish with cherry tomatoes, if desired.

Makes 8 (½-cup) servings

COOKING CLASS

Cheesy Sun Crisps

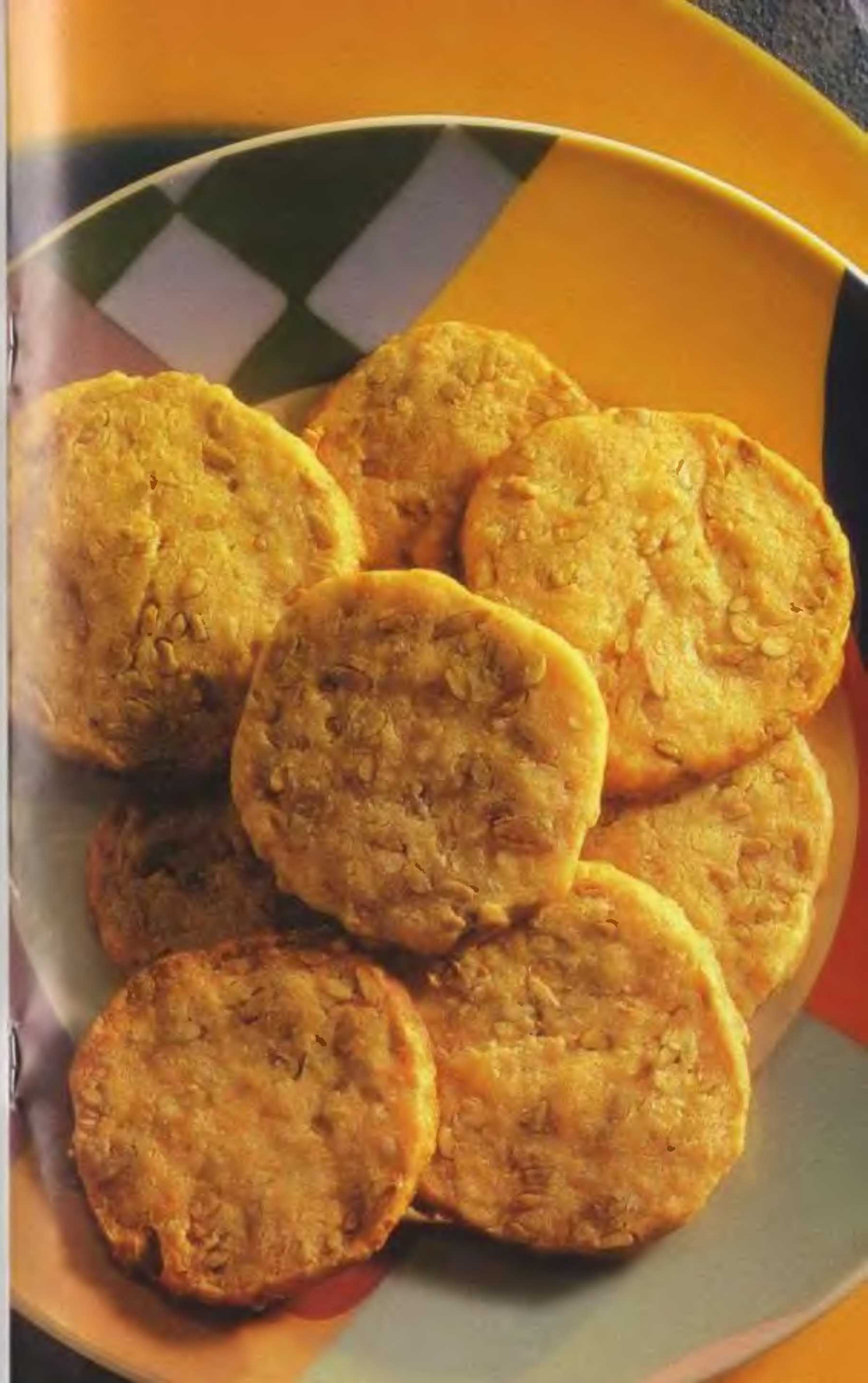
2 cups (8 ounces) shredded Cheddar cheese
½ cup grated Parmesan cheese
½ cup sunflower oil margarine, softened
3 tablespoons water
1 cup all-purpose flour
¼ teaspoon salt (optional)
1 cup uncooked quick oats
⅔ cup roasted, salted sunflower seeds

1. Beat cheeses, margarine and water in bowl until blended. Mix in flour and salt. Stir in oats and sunflower seeds until combined. Shape into 12-inch-long roll; wrap securely. Refrigerate about 4 hours or up to 1 week.

2. Preheat oven to 400°F. Lightly grease cookie sheets. Cut roll into ⅛- to ¼-inch slices; flatten each slice slightly. Place on prepared cookie sheets. Bake 8 to 10 minutes or until edges are light golden brown. Remove immediately; cool on wire rack.

Makes 4 to 5 dozen crackers

Favorite recipe from **National Sunflower Association**



Tarragon Chicken Salad Sandwiches

1¼ pounds boneless skinless chicken breasts, cooked
1 cup thinly sliced celery
1 cup seedless red or green grapes, cut into halves
½ cup raisins
½ cup plain nonfat yogurt
¼ cup reduced-fat mayonnaise or salad dressing
2 tablespoons finely chopped shallots or onion
2 tablespoons minced fresh tarragon or 1 teaspoon dried tarragon leaves
½ teaspoon salt
⅛ teaspoon white pepper
6 lettuce leaves
6 whole wheat buns, split

1. Cut chicken into scant ½-inch pieces. Combine chicken, celery, grapes and raisins in large bowl. Combine yogurt, mayonnaise, shallots, tarragon, salt and pepper in small bowl. Spoon over chicken mixture; mix lightly.

2. Place 1 lettuce leaf in each bun. Divide chicken mixture evenly; spoon into buns.

Makes 6 servings

TIP: Shallot cloves are easier to separate than garlic because they are not enclosed in a second papery sheath. To peel the papery covering, cut off and discard the stem and root ends. The skin should slip off easily. If shallots are difficult to peel, blanch them in boiling water for 1 minute before peeling.

Creamy Coconut-Lime Fruit Salad

- ½ cup sour cream
- ½ cup unsweetened coconut milk
- 2 tablespoons lime juice
- 2 tablespoons brown sugar
- 2 seedless oranges, peeled and sectioned
- 2 Granny Smith apples, cored and chopped
- 2 ripe nectarines, pitted and sliced
- 1 ripe mango, peeled, pitted and diced
- 1 cup strawberry halves

Combine sour cream, coconut milk, lime juice and brown sugar in small bowl; stir until smooth. Gently toss remaining ingredients in large bowl. Pour sour cream mixture over fruit. Toss to coat well. Serve immediately or cover and refrigerate up to 4 hours.

Makes 6 to 8 servings

TIP: To section an orange, place it on a cutting board and cut a slice from the top and bottom. Starting at the top and working towards the bottom, slice the peel and white pith off the orange in wide strips, following the curve of the orange. Repeat until all the peel and pith are removed. Make "V-shaped" slices into the center of the orange just inside of the membrane to remove the segments.

Kidding Around

Puffy Tex-Mex Pillows

½ pound ground beef
¼ cup diced onions
½ cup diced red bell pepper
1 package (1¼ ounces) taco seasoning
¼ cup water
1 medium tomato, diced
1 cup canned black beans, rinsed and drained
½ cup frozen corn, thawed
1 package (17¾ ounces) frozen puff pastry sheets, thawed according to package directions
½ cup plus 1 tablespoon shredded Cheddar cheese
¼ cup water
Salsa (optional)

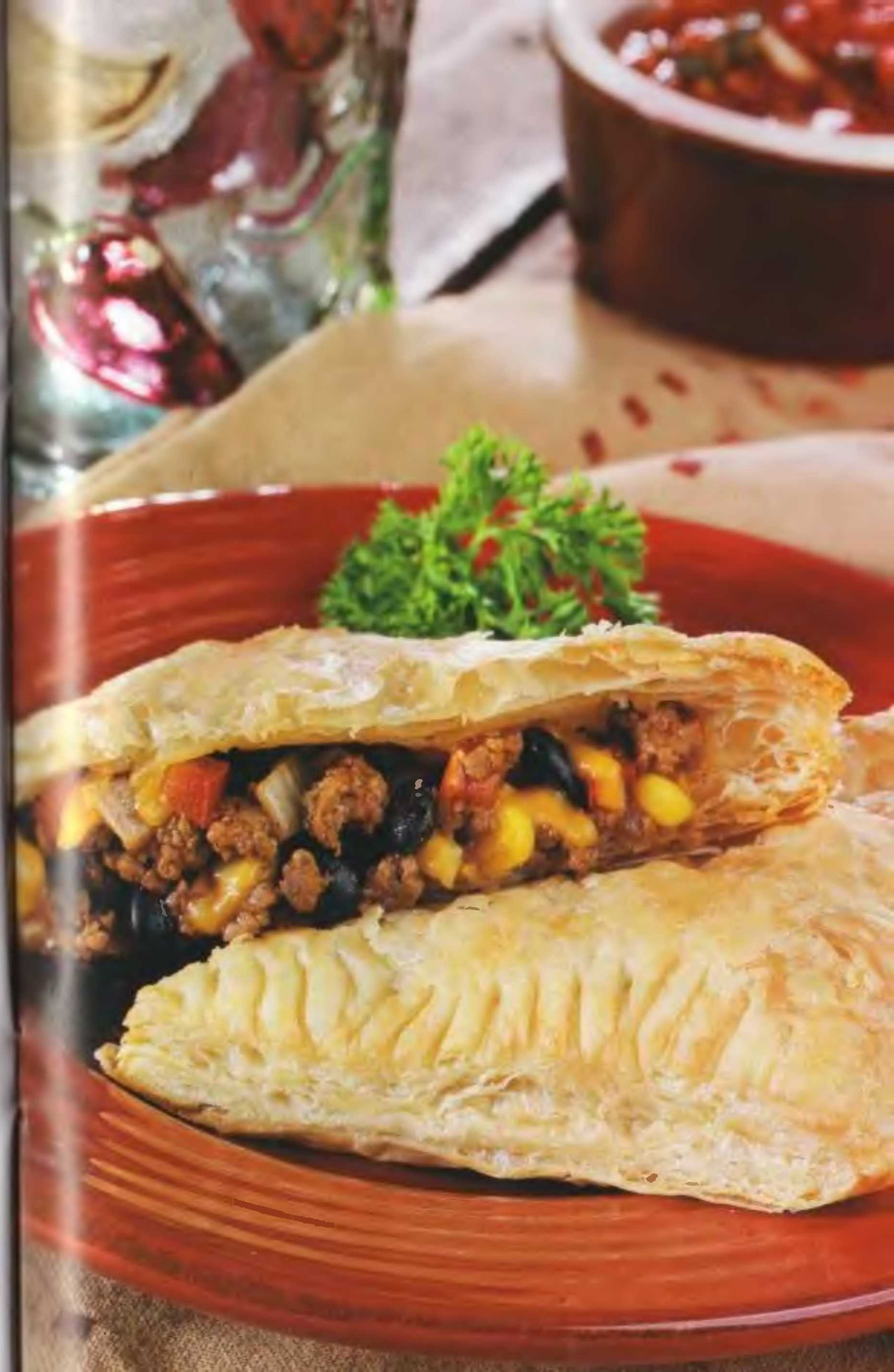
1. In a large skillet over medium heat, cook beef, onions and bell pepper about 5 minutes until beef is no longer pink, stirring to break up pieces. Drain. Add taco seasoning, water, tomato, beans and corn; cook 2 to 3 minutes, stirring occasionally. Transfer to medium bowl; set aside to cool slightly.

2. Preheat oven to 400°F. Unfold pastry sheets on lightly floured surface. Roll each pastry sheet into a 12-inch square using lightly floured rolling pin. Cut each sheet into 9 (4-inch) squares. Place about ¼ cup meat filling in center of 9 pastry squares; sprinkle each with 1 tablespoon cheese.

3. Moisten edges of filled squares with water. Place remaining pastry squares on top of filled squares and press edges together with fork to seal. Place on ungreased baking sheet. Bake 10 to 12 minutes or until golden brown. Serve with salsa, if desired.

Makes 9 servings

Fun, tasty fare that puts fast food to shame



Tuna Starfish

½ (16-ounce) box small pasta shells
1 cup crushed cheddar cheese-flavored crackers
½ teaspoon seafood blend seasoning
1 egg, beaten
¼ cup milk
Dash hot pepper sauce
Dash Worcestershire sauce
2 cans (6 ounces each) tuna packed in water, drained and flaked
¼ cup finely diced red bell pepper
4 teaspoons olive oil, divided
¼ cup prepared pesto sauce
½ cup grated Parmesan cheese
Salt and black pepper

1. Prepare pasta shells according to package directions. Drain, set aside, and keep warm.

2. Stir together crackers, seasoning, egg, milk, hot pepper sauce, and Worcestershire sauce in large mixing bowl. Add tuna and bell pepper; mix well.

3. Divide mixture into 6 balls. Use palm to flatten each ball into ½-inch-thick circles. Using a 3-inch star-shaped cookie cutter, cut each disk into a "starfish."

4. Heat 1 teaspoon oil in medium skillet over medium-high heat. Place 3 starfish in skillet and cook 2 to 3 minutes or until bottom is lightly browned; flip over. Add another 1 teaspoon oil to skillet and continue to cook 2 to 3 minutes or until firm and lightly browned. Repeat procedure for remaining 3 starfish. Set starfish aside and keep warm.

5. In medium bowl, combine cooked pasta shells, pesto sauce and Parmesan cheese. Season to taste with salt and pepper. Place pasta on serving platter and top with starfish.

Makes 4 servings

Aloha Sandwiches

4 boneless skinless chicken breast halves (about 1 pound)
1 can (8 ounces) crushed pineapple, drained
¼ cup mayonnaise
½ teaspoon garlic salt
¼ teaspoon salt
¼ teaspoon black pepper
1 teaspoon brown sugar
1 cup finely shredded red cabbage
½ cup grated carrot
½ teaspoon oil
½ sweet Maui onion, thinly sliced
8 slices Hawaiian-style sandwich bread
4 slices tomato
1 mango, peeled and thinly sliced

1. Pound chicken breast halves between 2 pieces of plastic wrap to ¼-inch thickness with flat side of meat mallet or rolling pin. Combine pineapple, mayonnaise, garlic salt, salt, pepper, and brown sugar in medium bowl; reserve ¼ cup marinade. Add chicken to remaining marinade, turning to coat well. Cover with plastic wrap; refrigerate at least 1 hour, turning chicken occasionally.

2. Preheat broiler. Place chicken on broiler pan coated with nonstick cooking spray and brush with any remaining marinade. Broil 4 to 5 inches from heat source, 5 to 6 minutes on each side or until no longer pink in center and internal temperature reaches 170°F.

3. Heat oil in medium skillet over medium heat. Add onion and cook 4 to 5 minutes or until caramelized, stirring often. In a medium bowl, combine cabbage, carrot, onion and reserved ¼ cup marinade. Toast Hawaiian bread in toaster until lightly browned.

4. To assemble sandwiches, place 1 chicken breast, ¼ cabbage mixture, mango slice and tomato slice between 2 pieces toasted bread. Repeat for remaining sandwiches.

Makes 4 sandwiches

Confetti Carnival Rice with Crunchy Chicken Nuggets

- 1 (4.9-ounce) package RICE-A-RONI® Chicken & Broccoli Flavor
- 1 tablespoon margarine or butter
- Crunchy Chicken Nuggets (recipe follows)
- 2 cups frozen or canned peas and corn, drained
- ½ cup pasteurized processed cheese, cut into ½-inch pieces

1. In large skillet over medium heat, sauté rice-pasta mix with margarine until pasta is golden brown. Slowly stir in 2 cups water and Special Seasonings; bring to a boil. Reduce heat to low. Cover; simmer 10 minutes. Meanwhile, prepare Crunchy Chicken Nuggets.

2. Stir in vegetables. Cover; simmer 5 to 7 minutes or until rice is tender. Stir in cheese. Let stand 3 minutes or until cheese is melted. Stir well before serving. Serve with Crunchy Chicken Nuggets or prepared frozen chicken nuggets.

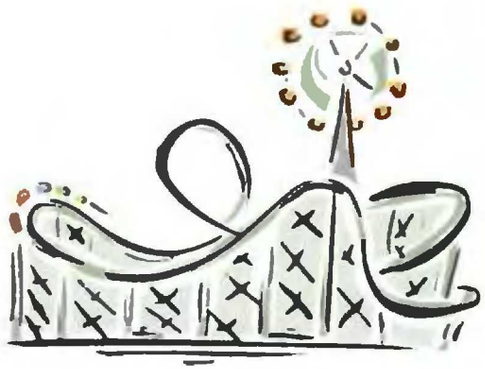
Makes 4 servings

Crunchy Chicken Nuggets

- 3 cups potato chips, coarsely crushed
- 1 large egg
- 2 tablespoons milk
- 1 pound boneless, skinless chicken breasts, cut into 1½-inch chunks

1. Preheat oven to 450°F. Place crushed potato chips in medium bowl. Combine egg and milk with wire whisk in small bowl. Dip chicken in egg mixture, then coat with potato chips, pressing coating gently on each chicken piece.

2. Arrange chicken on lightly greased large baking sheet. Bake 12 minutes or until chicken is no longer pink inside.



SPAM™ French Bread Pizza

1 onion, chopped
1 green bell pepper, chopped
1 cup sliced fresh mushrooms
1 tablespoon vegetable oil
1 (16-ounce) loaf French bread
1 (12-ounce) can SPAM® Classic, cubed
1 cup chunky-style spaghetti sauce
2 cups (8 ounces) shredded mozzarella cheese

Heat oven to 425°F. In large skillet, sauté vegetables in oil 3 to 4 minutes or until tender. Cut bread in half lengthwise. Remove soft center, leaving two bread shells. Spoon vegetables and SPAM® into bread shells. Spoon spaghetti sauce over SPAM®. Sprinkle with cheese. Place shells on baking sheet. Bake 10 to 15 minutes or until cheese is melted and bubbly.

Makes 8 servings

NO OVEN NECESSARY

Why bake? Cool, fuss-free desserts just in time for summer

Layered Mint-Chocolate Loaf

2 cups boiling water
1 package (8-serving size) or 2 packages (4-serving size each) JELL-O® Brand Lime Flavor Gelatin
1¼ cups cold water
¼ teaspoon peppermint extract
2 cups thawed COOL WHIP® Whipped Topping
8 OREO® Chocolate Sandwich Cookies, chopped

STIR boiling water into gelatin in large bowl at least 2 minutes until completely dissolved. Stir in cold water and peppermint extract. Refrigerate about 1½ hours or until slightly thickened (consistency of unbeaten egg whites). Gently stir in whipped topping. Carefully spoon ½ of the gelatin mixture into 9×5-inch loaf pan which has been sprayed with no stick cooking spray. Sprinkle with ½ of the cookies. Repeat layers, ending with gelatin mixture.

REFRIGERATE about 4 hours or until firm. Unmold. Garnish with additional whipped topping and cookies, if desired.

Makes 8 to 10 servings

Great Substitute: Omit peppermint extract. Substitute 8 MYSTIC MINT® Chocolate Sandwich Cookies, chopped, for the OREO® Chocolate Sandwich Cookies.

Caribbean Dream

Caribbean Dream

¾ cup vanilla ice cream
¾ cup pineapple sherbet
¾ cup tropical fruit salad, drained
¼ cup frozen banana-orange juice concentrate
¼ teaspoon rum-flavored extract

1. Place ice cream, sherbet, fruit salad, concentrate and extract in blender. Blend on medium speed 1 to 2 minutes or until smooth and well blended.

2. Pour into 2 serving glasses. Serve immediately.

Makes 2 servings

Strawberry Devonshire Tart

1 package (9-inch) sponge cake layer or dessert shell
⅓ cup tropical juice blend or orange juice
½ cup sour cream
1 tub (8 ounces) COOL WHIP® Whipped Topping, thawed
1 pint strawberries, hulled
⅓ cup strawberry jelly, melted
Fresh mint leaves

BRUSH cake layer with juice.

STIR sour cream and 2½ cups of the whipped topping with wire whisk in medium bowl until blended. Spread over cake layer. Arrange strawberries, hulled side down, in center; brush with jelly. Garnish with remaining whipped topping and mint leaves.

REFRIGERATE until ready to serve.

Makes 8 servings

Mocha Shake

¼ cup warm water
2 tablespoons HERSHEY'S Cocoa
1 tablespoon sugar
1 to 2 teaspoons powdered instant coffee
½ cup milk
2 cups vanilla ice cream

1. Place water, cocoa, sugar and instant coffee in blender container. Cover; blend briefly on low speed. Add milk. Cover; blend well on high speed. Add ice cream. Cover; blend until smooth. Serve immediately. Garnish as desired.

Makes 3 servings

Awesome Sundae Pie

- 6 squares BAKER'S® Semi-Sweet Baking Chocolate
- 1 tablespoon butter or margarine
- ¾ cup finely chopped nuts, toasted
- ¾ cup BAKER'S® ANGEL FLAKE® Coconut
- 2 pints ice cream, any flavor, softened
- Thawed COOL WHIP® Whipped Topping, chopped nuts and maraschino cherries
- Hot Fudge Sauce (recipe follows)

LINE 9-inch pie plate with foil; lightly grease foil.

MICROWAVE chocolate and butter in large microwavable bowl on HIGH 2 minutes or until butter is melted. Stir until chocolate is completely melted. Stir in nuts and coconut. Spread evenly onto bottom and up side of prepared pie plate.

REFRIGERATE 1 hour or until firm. Lift crust out of pie plate. Carefully peel off foil. Return crust to pie plate or place on serving plate. Refrigerate until ready to use. Fill crust with scoops of ice cream and cover.

FREEZE 2 hours or until firm. Garnish with whipped topping, nuts and maraschino cherries. Serve with Hot Fudge Sauce.

Makes 8 servings

Hot Fudge Sauce

- 1 package (8 squares) BAKER'S® Unsweetened Baking Chocolate
- ¼ cup (½ stick) butter or margarine
- ½ cup milk
- ½ cup whipping (heavy) cream
- 2 cups sugar
- 1 tablespoon vanilla

MICROWAVE chocolate and butter in large microwavable bowl on HIGH 2 minutes or until butter is melted. Stir until chocolate is completely melted.

STIR in milk, cream and sugar until well blended. Microwave 5 minutes until mixture is thick and smooth and sugar is completely dissolved, stirring halfway through cooking time. Stir in vanilla. Pour into clean canning jars. Store in refrigerator up to 2 weeks. Before giving, attach warming directions (see below) to jar.

Makes 3½ cups

Warming Directions:
Microwave, uncovered, on HIGH 2 minutes or just until heated through.

Watermelon Slices

- 1 tub (8 ounces) COOL WHIP® Whipped Topping, thawed
- 3 to 4 drops green food coloring
- 1 pint raspberry or strawberry sherbet or sorbet (2 cups), softened
- 1 square BAKER'S® Semi-Sweet Chocolate, chopped

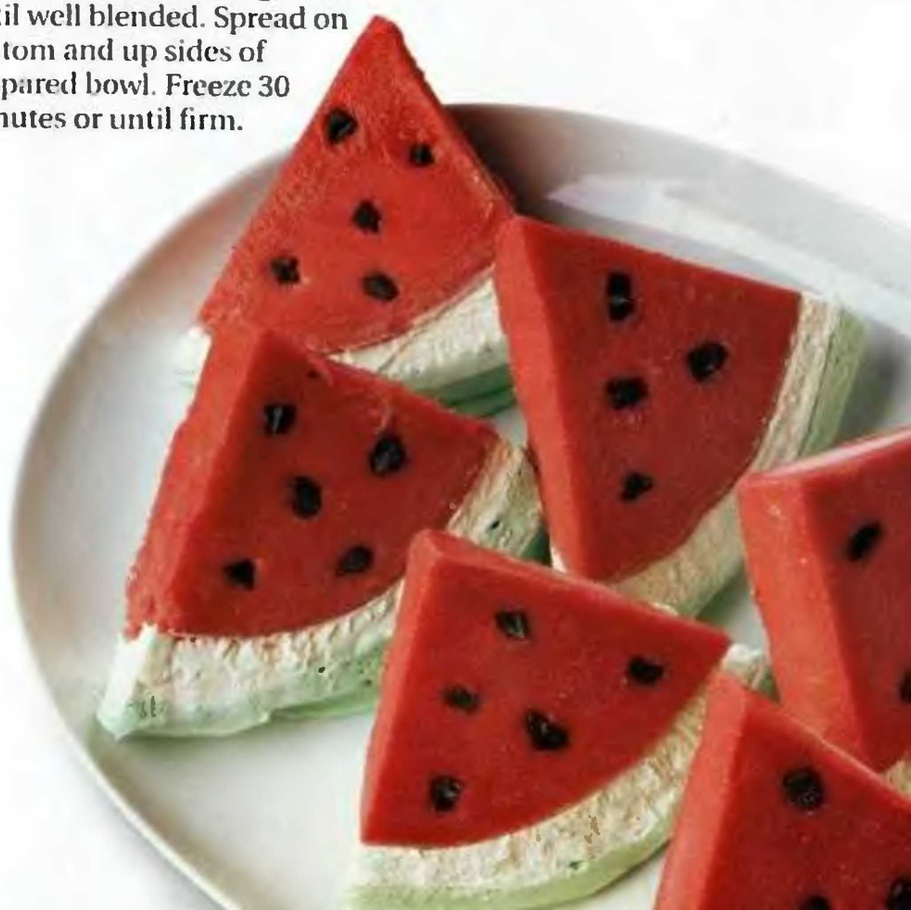
LINE 1½-quart bowl with plastic wrap. Mix ½ of the whipped topping with food coloring in another large bowl until well blended. Spread on bottom and up sides of prepared bowl. Freeze 30 minutes or until firm.

SPREAD remaining whipped topping over green layer. Freeze 1 hour or until firm.

MIX sherbet and chopped chocolate in medium bowl. Spoon into center of whipped topping.

FREEZE at least 4 hours or overnight until firm. Invert bowl onto serving plate; remove plastic wrap. Let stand at room temperature 5 minutes or until dessert can be cut easily. Cut into slices. Serve immediately. Store leftover dessert in freezer.

Makes 10 to 12 servings



Frozen Black Bottom Pie

- 1 cup Regal Chocolate Sauce (recipe follows)
- 1 prepared chocolate crumb crust (9-inch)
- 1 quart ice cream, any flavor, softened

POUR Regal Chocolate Sauce into crust, spreading over sides and bottom. Refrigerate.

FILL crust with ice cream. Garnish with chocolate cookie crumbs. Freeze until firm, about 2 hours.

Makes 8 servings

Regal Chocolate Sauce: Microwave 2 squares BAKER'S® Unsweetened Baking Chocolate and ⅓ cup water in large microwavable bowl on HIGH 1½ minutes. Stir until chocolate is completely melted. Stir in ½ cup sugar and 1 tablespoon MAXWELL HOUSE® Instant Coffee, any variety. Microwave 1 minute. Stir. Microwave 2 minutes. Stir in 3 tablespoons butter or margarine and ¼ teaspoon vanilla. Makes about 1 cup.

Frozen Black Bottom Pie

Summer Lime Pie

- 1 package (4-serving size) JELL-O® Brand Lime Flavor Gelatin
- ⅔ cup boiling water
- ½ teaspoon grated lime peel
- 3 tablespoons lime juice
- ½ cup cold water
- Ice cubes
- 1 tub (8 ounces) COOL WHIP® Whipped Topping, thawed
- 1 prepared graham cracker crumb crust (6 ounces)
- Lime slices, cut into quarters (optional)

DISSOLVE gelatin completely in boiling water in large bowl. Stir in lime peel and juice. Mix cold water and ice to make 1¼ cups. Add to gelatin, stirring until ice is melted.

STIR in whipped topping with wire whisk until smooth. Refrigerate 10 to 15 minutes or until mixture is very thick and will mound. Spoon into crust.

REFRIGERATE 2 hours or until firm. Garnish with additional whipped topping and lime slices. Store leftover pie in refrigerator.

Makes 8 servings

Strawberry-Banana Smoothie

- 2 cups fresh or frozen unsweetened strawberries, hulled
- 2 bananas, sliced
- 1 container (8 ounces) low-fat vanilla yogurt
- ½ cup skim milk
- ¼ cup rice bran
- 3 tablespoons lemon juice
- 1 to 2 tablespoons honey

Cover and freeze strawberries and sliced bananas until firm, about 4 hours or overnight. Combine strawberries, bananas, yogurt, milk, bran, lemon juice, and honey in blender; process until smooth. Serve immediately in chilled glasses.

Makes 4 (1-cup) servings

Favorite recipe from **USA Rice Federation**

Speedy Pineapple-Lime Sorbet

- 1 ripe pineapple, cut into cubes (about 4 cups)
- ⅓ cup frozen limeade concentrate, thawed
- 1 to 2 tablespoons fresh lime juice
- 1 teaspoon grated lime peel

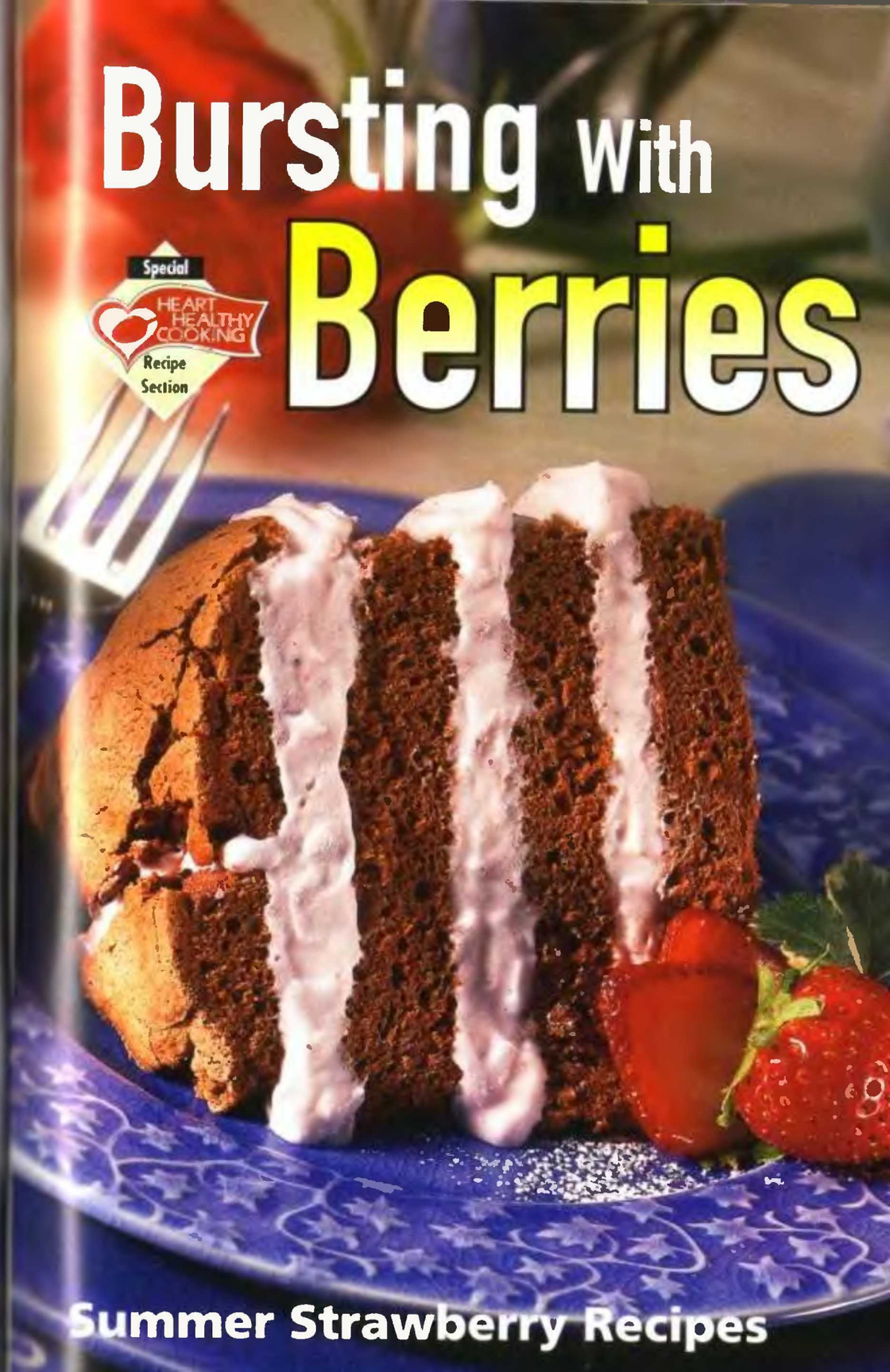
1. Arrange pineapple in single layer on large sheet pan; freeze at least 1 hour or until very firm. Use metal spatula to transfer pineapple to resealable plastic freezer food storage bags; freeze up to 1 month.

2. Combine pineapple, limeade, lime juice and lime peel in food processor; process until smooth and fluffy. If pineapple doesn't become smooth and fluffy, let stand 30 minutes to soften slightly; then repeat processing. Serve immediately.

Makes 8 servings

Note: This dessert is best if served immediately; but it may be made ahead, stored in the freezer, then softened several minutes before being served.

Speedy Pineapple-Lime Sorbet



Ruby Red

Cinnamon Dessert Tacos with Fruit Salsa

MAKES 6 SERVINGS

- 1 cup sliced fresh strawberries
- 1 cup cubed fresh pineapple
- 1 cup cubed peeled kiwi
- ½ teaspoon minced jalapeño pepper* (optional)
- 2 packets sugar substitute or equivalent of 4 teaspoons sugar (optional)
- 3 tablespoons sugar
- 1 tablespoon ground cinnamon
- 6 (8-inch) flour tortillas
- Nonstick cooking spray

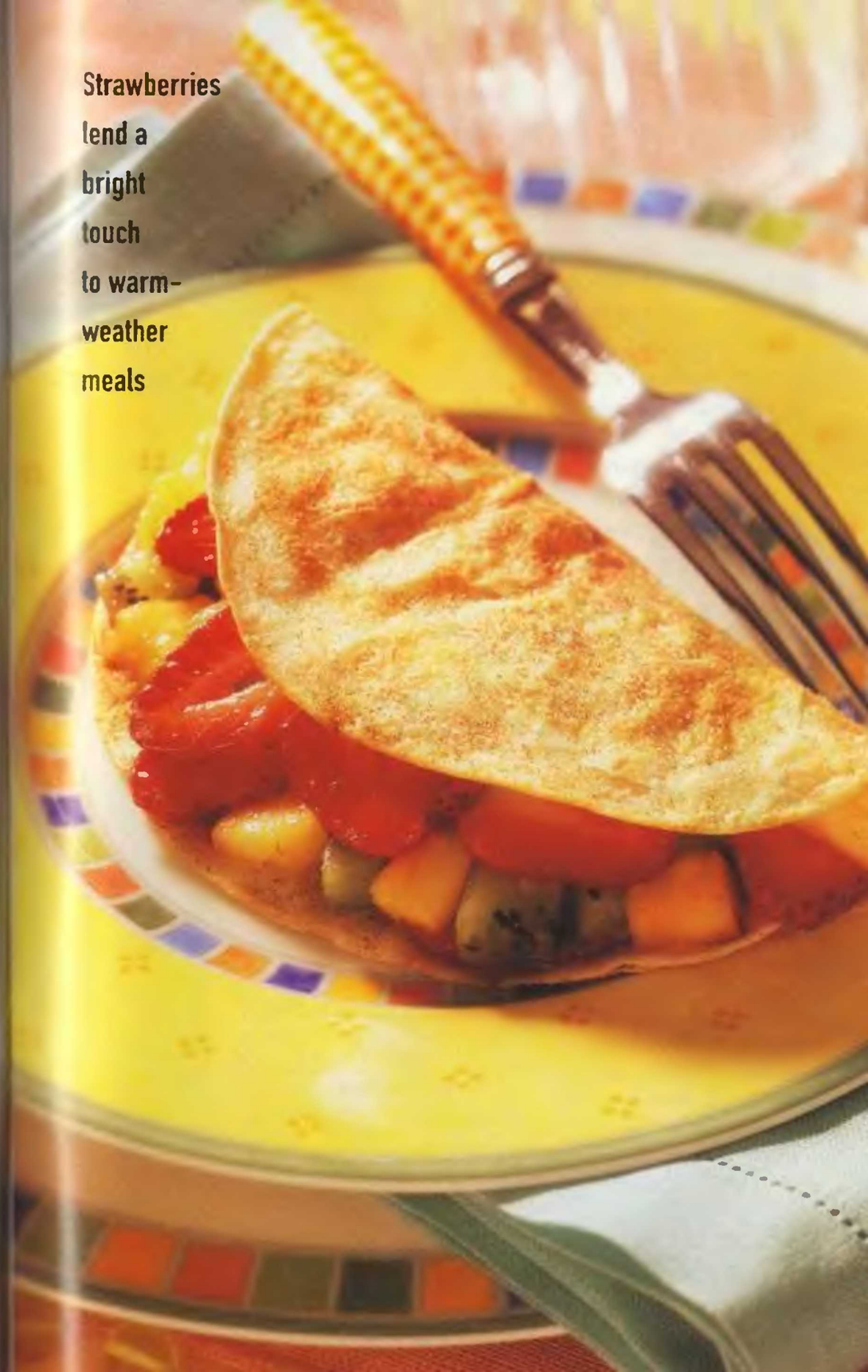
**Jalapeño peppers can sting and irritate the skin; wear rubber gloves when handling peppers and do not touch eyes. Wash hands after handling peppers.*

1. Stir together strawberries, pineapple, kiwi, jalapeño pepper and sugar substitute in large bowl; set aside. Combine sugar and cinnamon in small bowl; set aside.

2. Spray tortilla lightly on both sides with nonstick cooking spray. Heat over medium heat in nonstick skillet until slightly puffed and golden brown. Remove from heat; immediately dust both sides with cinnamon-sugar mixture. Shake excess cinnamon-sugar back into small bowl. Repeat cooking and dusting process until all tortillas are warmed.

3. Fold tortillas in half and fill with fruit mixture. Serve immediately.

Nutrients per Serving:	
Calories (14% of calories from fat)	183
Total Fat	3g
Saturated Fat	<1g
Protein	4g
Carbohydrate	36g
Cholesterol	0mg
Sodium	169mg
Dietary Fiber	4g



Strawberries lend a bright touch to warm-weather meals

Strawberry Oat Mini Muffins

MAKES 8 SERVINGS

- 1 cup all-purpose flour
- ¾ cup uncooked oat bran cereal
- 2½ teaspoons baking powder
- ½ teaspoons baking soda
- ⅛ teaspoon salt
- ¾ cup buttermilk
- ⅓ cup frozen apple juice concentrate, thawed
- ⅓ cup unsweetened applesauce
- ½ teaspoon vanilla
- ¾ cup diced strawberries
- ¼ cup chopped pecans

1. Preheat oven to 400°F. Spray 24 miniature muffin cups with nonstick cooking spray.

2. Combine flour, oat bran, baking powder, baking soda and salt in medium bowl. Whisk together buttermilk, apple juice concentrate, applesauce and vanilla in small bowl.

3. Stir buttermilk mixture into flour mixture until dry ingredients are almost moistened. Fold strawberries and pecans into batter just until dry ingredients are moistened. *Do not overmix.*

4. Spoon batter into muffin cups. Bake 17 to 18 minutes or until lightly browned and wooden pick inserted into centers comes out clean. Let cool in pan 5 minutes; remove to racks. Serve warm or cool completely.

Nutrients per Serving: (3 muffins)	
Calories (21% of calories from fat)	135
Total Fat	3g
Saturated Fat	<1g
Protein	4g
Carbohydrate	23g
Cholesterol	1mg
Sodium	310mg
Dietary Fiber	2g

Easy Citrus Berry Shortcake

MAKES 1 SERVING

- 1 individual sponge cake
- 1 tablespoon orange juice
- ¼ cup lemon chiffon sugar-free, nonfat yogurt
- ¼ cup thawed frozen fat-free nondairy whipped topping
- ⅔ cup sliced strawberries or raspberries
- Mint leaves (optional)

1. Place sponge cake on serving plate. Drizzle with orange juice.

2. Fold together yogurt and whipped topping. Spoon half of mixture onto cake. Top with berries and remaining yogurt mixture. Garnish with mint leaves, if desired.

TIP: For an easy Fourth of July dessert idea, increase the recipe by the number of servings desired and substitute blueberries for half of the strawberries or raspberries. You'll have an enticing and patriotic red, white and blue dessert for all of your guests!

Nutrients per Serving:	
Calories (7% of calories from fat)	173
Total Fat	1g
Saturated Fat	<1g
Protein	4g
Carbohydrate	37g
Cholesterol	39mg
Sodium	116mg
Dietary Fiber	3g

Elegant Chocolate Angel Torte

MAKES ABOUT 16 SERVINGS

- ⅓ cup HERSHEY&S Cocoa
- 1 package (about 16 ounces) angel food cake mix
- 2 envelopes (1.3 ounces each) dry whipped topping mix
- 1 cup cold nonfat milk
- 1 teaspoon vanilla extract
- 1 cup strawberry purée*
- Strawberries

**Mash 2 cups sliced fresh strawberries (or frozen berries, thawed) in blender or food processor. Cover; blend until smooth. Purée should measure 1 cup.*

1. Move oven rack to lowest position.

2. Sift cocoa over dry cake mix in large bowl; stir to blend. Proceed with mixing cake as directed on package. Bake and cool as directed for 10-inch tube pan. Carefully run knife along side of pan to loosen cake; remove from pan. Using serrated knife, slice cake horizontally into four layers.

3. Prepare whipped topping mix as directed on package, using 1 cup nonfat milk and 1 teaspoon vanilla. Fold in strawberry purée.

4. Place bottom cake layer on serving plate; spread with ¼ of strawberry topping. Set next cake layer on top; spread with ¼ of topping. Continue layering cake and topping. Garnish with strawberries. Refrigerate until ready to serve. Slice cake with sharp serrated knife, cutting with gentle sawing motion. Cover; refrigerate leftover cake.

Nutrients per Serving:	
Calories (12% of calories from fat)	150
Total Fat	2g
Saturated Fat	2g
Protein	4g
Carbohydrate	28g
Cholesterol	0mg
Sodium	210mg
Dietary Fiber	1g

Chocolate-Berry Cheesecake

MAKES 16 SERVINGS

- 1 cup chocolate wafer crumbs
- 5 tablespoons water, divided
- 1 package (8 ounces) reduced-fat cream cheese
- 1½ containers (8 ounces each) fat-free cream cheese
- ⅔ cup sugar
- ½ cup cholesterol-free egg substitute
- 3 tablespoons fat-free (skim) milk
- 1¼ teaspoons vanilla
- 1 cup mini semisweet chocolate chips
- 2 tablespoons raspberry all-fruit spread
- 2 tablespoons water
- 2½ cups fresh strawberries, hulled and halved
- Fresh mint leaves (optional)

1. Preheat oven to 350°F. Spray bottom of 9-inch springform pan with nonstick cooking spray.

2. In small bowl, combine chocolate wafers and 2 to 3 tablespoons water, 1 tablespoon at a time, until crumbs are just moistened. Press crumbs firmly onto bottom of prepared pan. Bake 10 minutes. Remove from oven; cool. Reduce oven temperature to 325°F.

3. Combine cheeses in large bowl with electric mixer. Beat at medium speed until smooth. Beat in sugar until well blended. Beat in egg substitute, milk and vanilla until well blended. Stir in mini chips with spoon. Pour batter into pan.

4. Bake 40 minutes or until center is set. Remove from oven; cool 10 minutes in pan on wire rack. Carefully loosen cheesecake from edge of pan. Cool completely.

5. Remove side of pan from cake. Blend fruit spread and 2 tablespoons water in medium bowl until smooth. Add strawberries; toss to coat. Arrange strawberries on top of cake. Refrigerate 1 hour before serving. Garnish with fresh mint, if desired.

Nutrients per Serving:	
Calories (29% of calories from fat)	197
Total Fat	7g
Saturated Fat	2g
Protein	7g
Carbohydrate	29g
Cholesterol	7mg
Sodium	290mg
Dietary Fiber	<1g

Strawberry Crêpes with Orange Marmalade Sauce

MAKES 6 SERVINGS

CRÊPES

- ½ cup cholesterol-free egg substitute
- ½ cup fat-free (skim) milk
- 1 tablespoon margarine, melted
- ¾ teaspoon vanilla
- ½ cup plus 2 tablespoons cornstarch
- ¼ teaspoon salt
- 1½ packages artificial sweetener or equivalent of 3 teaspoons sugar
- Nonstick cooking spray

FILLING

- 1 jar (10 ounces) no-sugar-added strawberry fruit spread
- 1 cup cold water
- 2 tablespoons cornstarch
- 3 cups thinly sliced strawberries

TOPPING

- ½ cup no-sugar-added orange marmalade
- ¼ cup water
- 1 cup thinly sliced strawberries

1. To prepare crêpes, place egg substitute, milk, margarine and vanilla in blender. Blend 15 seconds. Add cornstarch, salt and artificial sweetener. Blend 30 seconds until smooth.

2. Spray 6-inch nonstick skillet with cooking spray; heat over medium-high heat. Pour 2 tablespoons crêpe batter into skillet. Immediately rotate skillet to swirl batter over bottom of skillet. Cook 1 to 2 minutes or until crêpe is golden brown and top is dry. Turn crêpe; cook 30 seconds. Repeat with remaining batter, spraying pan with cooking spray as needed. Separate crêpes with waxed paper.

3. To make filling, heat strawberry fruit spread in small saucepan over medium heat. Blend 1 cup water and cornstarch in small bowl until smooth; whisk into fruit spread. Increase heat to medium-high and bring to a boil, stirring constantly. Boil 1 minute. Transfer mixture to medium bowl. Stir in 3 cups strawberries; cool slightly.

4. For sauce, heat marmalade with ¼ cup water in saucepan over low heat until smooth.

5. To assemble crêpes, spread ¼ cup filling down center of each crêpe; roll tightly. Repeat with remaining crêpes. Place 2 crêpes on each serving plate. Divide 1 cup strawberries among crêpes. Top each serving with 2 tablespoons sauce. Garnish, if desired.

Note: Using cornstarch for the crêpe batter allows you to cook the crêpes immediately after mixing the batter. Crêpe batter made with flour usually has to rest for 30 minutes before cooking.

Nutrients per Serving:	
Calories (9% of calories from fat)	393
Total Fat	4g
Saturated Fat	2g
Protein	4g
Carbohydrate	84g
Cholesterol	<1mg
Sodium	232mg
Dietary Fiber	4g

Fruited Lamb Salad

MAKES 12 SERVINGS

- 3 cups cooked American lamb, cubed or cut into slices
- 3 cups cooked brown and wild rice, chilled
- 1½ cups sliced strawberries
- 1½ cups orange slices, cubed
- ¾ cup green grapes
- ½ cup sliced bananas
- ¼ cup walnuts
- 2 tablespoons honey
- 2 tablespoons lemon juice
- 1 tablespoon orange juice
- 12 large romaine lettuce leaves

Combine lamb, rice, fruit and nuts in large bowl. Combine honey, lemon juice and orange juice in small bowl; toss with lamb mixture. Refrigerate. Serve on lettuce leaves.

*Favorite recipe from **American Lamb Council***

Nutrients per Serving:	
Calories (27% of calories from fat)	167
Total Fat	5g
Saturated Fat	1g
Protein	13g
Carbohydrate	18g
Cholesterol	33mg
Sodium	31mg
Dietary Fiber	2g

Strawberry Trifle

MAKES 12 SERVINGS

- 1½ cups fat-free half-and-half
- ¼ cup sugar
- 3 tablespoons cornstarch
- ⅓ cup cholesterol-free egg substitute
- 2 tablespoons low-fat sour cream
- 2 teaspoons vanilla
- 2¾ cups sliced fresh strawberries, divided
- 1 tablespoon Marsala wine or orange juice
- 1 can (15 ounces) mandarin orange segments, well drained
- 1 can (11 ounces) mandarin orange segments, well drained
- 1 large banana, thinly sliced
- 1½ teaspoons lemon juice
- 1 prepared (10 ounces) angel food cake, cut into 1-inch cubes

1. Blend half-and-half, sugar and cornstarch together in small saucepan. Bring to a boil over medium heat, stirring constantly. Boil 1 minute or until mixture thickens, stirring constantly. Reduce heat to medium-low.

2. Blend ⅓ cup hot half-and-half mixture into egg substitute in small bowl. Stir into remaining half-and-half mixture. Cook 2 minutes, stirring constantly. Remove from heat. Let stand 10 minutes, stirring frequently. Stir in sour cream and vanilla.

3. Place ¾ cup strawberries and wine in blender or food processor; purée until smooth. Reserve 15 orange segments and ¼ cup strawberries in small bowl. Combine banana, remaining 1¾ cups strawberries, remaining orange segments and lemon juice in medium bowl.

4. Place half of cake cubes in bottom of 2- to 3-quart trifle dish or straight-sided glass serving bowl. Drizzle half of strawberry purée over cake. Top with half of fruit mixture and half of custard. Repeat layers with remaining cake, purée and fruit mixture. Spoon remaining custard over fruit mixture.

5. Arrange reserved orange segments and reserved strawberries decoratively over custard.

Nutrients per Serving:	
Calories (3% of calories from fat)	160
Total Fat	1g
Saturated Fat	<1g
Protein	4g
Carbohydrate	34g
Cholesterol	1mg
Sodium	222mg
Dietary Fiber	1g

Honey Strawberry Salsa

MAKES 3 TO 4 CUPS

- 1½ cups diced red bell pepper
- 1 cup sliced fresh strawberries
- 1 cup diced green bell pepper
- 1 cup diced fresh tomato
- ¼ cup chopped Anaheim pepper
- 2 tablespoons finely chopped fresh cilantro
- ⅓ cup honey
- ¼ cup lemon juice
- 1 tablespoon tequila (optional)
- ½ teaspoon crushed dried red chili pepper
- ½ teaspoon salt
- ¼ teaspoon pepper

Combine ingredients in glass container; mix well. Cover tightly and refrigerate overnight to allow flavors to blend. Serve on grilled fish or chicken.

Favorite recipe from ***National Honey Board***

TIP: Anaheim chili peppers, also known as California green chilies, are light green with a mild flavor and a slight bite. They are 4 to 6 inches long, about 1½ inches wide, and have a rounded tip.

Nutrients per Serving:	
Calories (3% of calories from fat)	21
Total Fat	<1g
Saturated Fat	<1g
Protein	<1g
Carbohydrate	6g
Cholesterol	0mg
Sodium	50mg
Dietary Fiber	1g

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KITCHEN SENSE

Grill It!

Simple guidelines for a great outdoor grilling experience

What better time than summer to break out the grill and have a barbecue? With a little preparation and creativity, outdoor grilling can be a fun, hassle-free way to feed and entertain guests.

While gas grills have gained in popularity due to their ease of use and cleanup, charcoal grills continue to have a large presence in backyards nationwide.

Before cooking, allow charcoal to burn for at least 30 minutes, so that a fine gray ash covers the coals. To test the temperature, remove the grid from the grill and place your hand, palm down, at grid level. The number of seconds you can hold your hand at grilling level will give you a general idea of how hot the charcoal is *(see chart below)*.

Hand Test for Charcoal Temperature

Temperature	Time	Method
Hot (350°F– 375°F)	2 seconds	Searing
Medium hot (325°F)	3 seconds	Open grill
Medium (300°F)	4 seconds	Open grill
Medium low (275°F)	5 seconds	Covered grill
Low (250°F)	6 seconds	Covered grill

Grilling Tips:

Fish: Grease the rack and baste fish with oil or melted butter. Score a whole fish in several places so it cooks more evenly. Turn thicker fillets halfway through cooking time.

Chicken and poultry: Marinate or lightly coat with oil and seasonings before grilling. Small pieces should be placed 4 to 5 inches away from heat, and larger pieces 5 to 6 inches away. For turkey pieces, grill 6 to 8 inches from heat. Begin grilling with the skin side away from the heat and the bone side facing the heat. Cook legs and thighs 3 to 5 minutes before adding breasts, wings, and backs. Turn and baste often.

Meat: Trim off excess fat. Marinate tougher cuts such as flank, chuck, blade, and top round. Brush surfaces lightly with oil or melted butter. Turn meat halfway through cooking time, except for spareribs, which cook over a lower heat and need to be turned every few minutes. Brush on barbecue sauce during the last 10 to 15 minutes to prevent burned edges.

Frozen meat: Thaw in refrigerator before using.

Vegetables: Marinate or brush with oil or melted butter. For easy packets, dot with butter and wrap in heavy foil; grill 4 to 6 inches above medium coals.

Grilling Time Approximations

Food	Heat of Coals	Time in Minutes
Fish fillets or steaks	Medium hot	5 (½ inch), 10 (1 inch)
Whole fish	Medium hot	8 minutes per pound
Boneless skinless chicken breasts	Medium hot	12
Chicken breast half with bone and skin	Medium	15 to 20
Chicken thighs, drumsticks	Medium	40
Pork steaks or chops	Medium hot	Medium well: 10 (½ inch), 14 (¾ inch)
Spareribs	Low	60
Sausages	Medium hot	12
Hot dogs	Medium hot	4
Steak—tenderloin, top loin, T-bone, porterhouse, sirloin, rib eye (1 inch)	Medium hot	10 (rare), 12 (medium), 18 (well)
Steak—chuck, blade, top round (1 inch)	Medium	14 (rare), 18 (medium), 22 (well)
Ground beef patties (1 inch)	Medium hot	14 (medium well)

Ideas for a smokin' outdoor barbecue

Get your grill on

Mini Beef & Colorado Potato Kabobs

2 COLORADO Sangre red potatoes, baked
1 green bell pepper, cut into ¾-inch cubes
1 small onion, cut into wedges
½ pound beef tenderloin, cut into ¾-inch cubes
Bamboo skewers

MARINADE
¼ cup olive oil
¼ cup balsamic vinegar
1 tablespoon snipped fresh thyme
1 tablespoon snipped fresh basil
1 tablespoon snipped fresh parsley
1 clove garlic, minced
½ teaspoon sugar
½ teaspoon salt
½ teaspoon black pepper

Quarter baked potatoes lengthwise. Cut crosswise into ¾-inch chunks; set aside. Blanch bell pepper and onion in boiling water 1 to 2 minutes; drain. For marinade, combine olive oil, vinegar, herbs, garlic, sugar, salt and black pepper in medium bowl. Place beef, bell pepper and onion in marinade. Toss to coat well. Cover and chill several hours or overnight. Soak bamboo skewers in hot water 5 minutes. Thread beef, potatoes, bell pepper and onion on skewers. Grill over medium high heat 5 to 7 minutes, turning once. If desired, broil 5 to 6 inches from heat source 5 to 7 minutes or to desired doneness.

Makes 4 servings

Favorite recipe from
Colorado Potato Administrative Committee

Grilled Chicken Croissant with Roasted Pepper Dressing

- ½ cup *French's*® Napa Valley Style Dijon Mustard
- 3 tablespoons olive oil
- 3 tablespoons red wine vinegar
- ¾ teaspoon dried Italian seasoning
- ¾ teaspoon garlic powder
- 1 jar (7 ounces) roasted red peppers, drained
- 1 pound boneless skinless chicken breast halves
- Lettuce leaves
- 4 croissants, split

Whisk together mustard, oil, vinegar, Italian seasoning and garlic powder in small bowl until well blended. Pour ¼ cup mixture into blender. Add peppers. Cover and process until mixture is smooth; set aside.

Brush chicken pieces with remaining mustard mixture. Place pieces on grid. Grill over hot coals 15 minutes or until chicken is no longer pink in center, turning often. To serve, place lettuce leaves on bottom halves of croissants. Arrange chicken on top of lettuce. Spoon roasted pepper dressing over chicken. Cover with croissant top. Garnish as desired.

Makes 4 servings

Hot Shrimp with Cool Salsa

- ¼ cup prepared salsa
- 4 tablespoons fresh lime juice, divided
- 1 teaspoon honey
- 1 clove garlic, minced
- 2 to 4 drops hot pepper sauce
- 1 pound large shrimp, peeled and deveined, with tails intact
- 1 cup finely diced honeydew melon
- ½ cup finely diced unpeeled cucumber
- 2 tablespoons minced parsley
- 1 green onion, finely chopped
- 1½ teaspoons sugar
- 1 teaspoon olive oil
- ¼ teaspoon salt

1. To make marinade, combine prepared salsa, 2 tablespoons lime juice, honey, garlic and hot pepper sauce in small bowl. Thread shrimp onto skewers. Brush shrimp with marinade; set aside.

2. To make salsa, combine remaining 2 tablespoons lime juice, melon, cucumber, parsley, onion, sugar, oil and salt in medium bowl; mix well.

3. Grill shrimp over medium coals 4 to 5 minutes or until shrimp are opaque, turning once. Serve with salsa.

Makes 4 servings

Jamaican Grilled Sweet Potatoes

- 2 large (about 1½ pounds) sweet potatoes or yams
- 3 tablespoons packed brown sugar
- 2 tablespoons softened margarine, divided
- 1 teaspoon ground ginger
- 2 teaspoons dark rum
- 1 tablespoon chopped fresh cilantro

1. Pierce potatoes in several places with fork. Place on paper towel in microwave. Microwave at HIGH 5 to 6 minutes or until crisp-tender, rotating ¼ turn halfway through cooking. Let stand 10 minutes. Diagonally slice about ½ inch off ends of potatoes. Cut potatoes diagonally into ¾-inch-thick slices.

2. Mix brown sugar, 1 tablespoon margarine and ginger in small bowl. Stir in rum and cilantro; set aside.

3. Melt remaining 1 tablespoon margarine. With half of melted margarine, lightly brush one side of each potato slice. Grill slices margarine-side down on covered grill over medium coals 4 to 6 minutes or until grillmarked. Brush tops with remaining melted margarine; turn over and grill 3 to 5 minutes or until grillmarked. To serve, spoon rum mixture equally over potato slices.

Makes 6 servings

Black Bean Garnachas

- 1 can (14½ ounces) DEL MONTE® Diced Tomatoes with Garlic & Onion
- 1 can (15 ounces) black or pinto beans, drained
- 2 cloves garlic, minced
- 1 to 2 teaspoons minced jalapeño peppers (optional)
- ½ teaspoon ground cumin
- 1 cup cubed grilled chicken
- 4 flour tortillas
- ½ cup (2 ounces) shredded sharp Cheddar cheese

1. Combine undrained tomatoes, beans, garlic, jalapeño peppers and cumin in large skillet. Cook over medium-high heat 5 to 7 minutes or until thickened, stirring occasionally. Stir in chicken. Season with salt and pepper, if desired.

2. Arrange tortillas in single layer on grill over medium coals. Spread about ¾ cup chicken mixture over each tortilla. Top with cheese.

3. Cook about 3 minutes or until bottoms of tortillas are browned and cheese is melted. Top with shredded lettuce, diced avocado and sliced jalapeño peppers, if desired.

Makes 4 servings

VARIATION: Prepare chicken mixture as directed above. Place a tortilla in a dry skillet over medium heat. Spread with about ¾ cup chicken mixture; top with 2 tablespoons cheese. Cover and cook about 3 minutes or until bottom of tortilla is browned and cheese is melted. Repeat with remaining tortillas.

Grilled Summer Gazpacho

- 1 red bell pepper, stemmed, seeded and halved
- 4 large (about 2 pounds) tomatoes, tops removed
- 1 small onion, halved
- Nonstick cooking spray
- 4 cloves garlic, divided
- 6 (½-inch) slices French bread
- 1 cup coarsely chopped peeled cucumber
- 1 cup day-old French bread cubes, soaked in water and squeezed dry
- 2 to 4 tablespoons chopped fresh cilantro
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- ½ teaspoon salt
- 2 cups ice water
- Additional cilantro leaves for garnish

1. Prepare coals for grilling. Grill bell pepper halves skin-side down on covered grill over medium to hot coals 15 to 25 minutes or until skin is charred, without turning. Remove from grill and place in plastic bag until cool enough to handle, about 10 minutes. Remove skin; set peppers aside to cool.

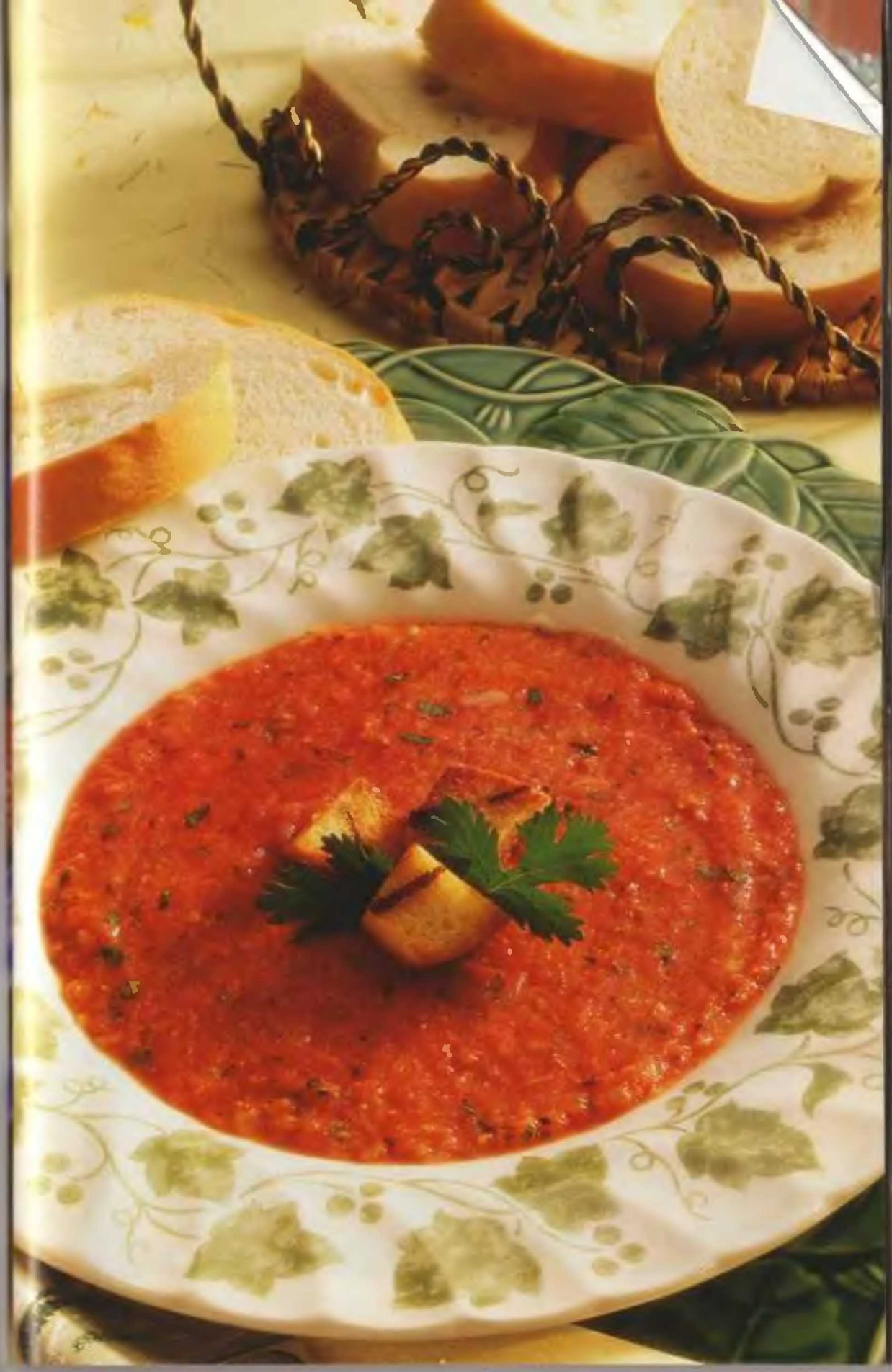
2. Meanwhile, spray tomatoes and onion halves with cooking spray. Grill both skin-side down on covered grill over medium coals 10 to 20 minutes or until grillmarked and tender, turning as needed. Thread 3 garlic cloves onto water-soaked wooden or bamboo skewer. Spray with cooking spray. Grill garlic on covered grill over medium coals about 8 minutes or until browned and tender. Remove vegetables from grill and let cool on cutting board.

3. While vegetables cool, cut remaining garlic clove in half. Spray both sides of bread slices with cooking spray; rub with garlic clove halves. Grill bread on both sides until toasted and golden, watching carefully. Cool; cut into ½-inch croutons and set aside for garnish.

4. Gently squeeze tomatoes to remove seeds and release skins. Scrape and discard any excess charring from onion. Coarsely chop bell pepper, tomatoes and onion; add with cucumber to food processor or blender. Cover and process until smooth. Transfer to large bowl.

5. Add soaked bread cubes, chopped cilantro, lemon juice, oil and salt to food processor; cover and process until smooth. Combine with grilled vegetable mixture; stir in ice water. Ladle soup into bowls; garnish with garlic croutons and additional cilantro leaves, if desired.

Makes 6 servings



Grilled Feta Burgers

½ pound lean ground sirloin
½ pound ground turkey breast
2 teaspoons grated lemon peel
1 teaspoon olive oil
1 teaspoon dried oregano leaves
¼ teaspoon salt
⅛ teaspoon black pepper
1 ounce feta cheese
Cucumber Raita (recipe follows)
4 slices tomato
4 whole wheat hamburger buns

1. Combine sirloin, turkey, lemon peel, oil, oregano, salt and pepper; mix well and shape into 8 patties. Make small depression in each of 4 patties and place ¼ of the cheese in each depression. Cover each with remaining 4 patties, sealing edges to form burgers.

2. Grill burgers 10 to 12 minutes or until thoroughly cooked and thermometer registers 160°F, turning once. Serve with Cucumber Raita and tomato slice on whole wheat bun.

Makes 4 burgers

Cucumber Raita

1 cup plain nonfat yogurt
½ cup finely chopped cucumber
1 tablespoon minced fresh mint leaves
1 clove garlic, minced
¼ teaspoon salt

Combine all ingredients in small bowl. Cover and refrigerate until ready to use.

Grilled Chicken and Melon Salad

¾ cup orange marmalade, divided
¼ cup plus 2 tablespoons white wine vinegar, divided
2 tablespoons low-sodium soy sauce
1 tablespoon grated fresh ginger
4 boneless skinless chicken breast halves
½ cantaloupe, peeled, seeded and sliced
½ honeydew melon, peeled, seeded and cut into 1-inch-thick slices
2 tablespoons olive oil
2 tablespoons minced fresh cilantro
1 teaspoon jalapeño pepper sauce
10 cups mixed lettuce greens
1 pint fresh strawberries, halved

1. Combine ⅓ cup orange marmalade, 2 tablespoons vinegar, soy sauce and ginger. Brush marmalade mixture over chicken and melons. Arrange melons in grill basket or thread onto skewers.

2. Grill chicken over hot coals 5 to 7 minutes on each side or until no longer pink in center. Grill melons, covered, 2 to 3 minutes on each side. Refrigerate overnight.

3. Combine remaining marmalade, ¼ cup vinegar, oil, cilantro and jalapeño pepper sauce in jar with tight-fitting lid; shake well to blend.

4. To complete recipe, arrange lettuce, chicken, melon and strawberries on serving plates; spoon marmalade mixture over top.

Makes 4 servings

Tip: For a special touch, garnish with fresh produce such as red and green bell peppers or jalapeño peppers.

Polenta Triangles

½ cup yellow corn grits
1½ cups chicken broth, divided
2 cloves garlic, minced
½ cup (2 ounces) crumbled feta cheese
1 red bell pepper, roasted*, peeled and finely chopped

**Place pepper on foil-lined broiler pan; broil 15 minutes or until blackened on all sides, turning every 5 minutes. Place pepper in paper bag; close bag and let stand 15 minutes before peeling.*

1. Combine grits and ½ cup chicken broth; mix well and set aside. Pour remaining 1 cup broth into large heavy saucepan; bring to a boil. Add garlic and moistened grits; mix well and return to a boil. Reduce heat to low; cover and cook 20 minutes. Remove from heat; add feta cheese. Stir until cheese is completely melted. Add pepper; mix well.

2. Spray 8-inch square pan with nonstick cooking spray. Spoon grits mixture into prepared pan. Press grits evenly into pan with wet fingertips. Refrigerate until cold.

3. Spray grid with nonstick cooking spray. Prepare grill for direct cooking. Turn polenta out onto cutting board and cut into 2-inch squares. Cut each square diagonally into 2 triangles.

4. Place polenta triangles on grid. Grill over medium-high heat 1 minute or until bottoms are lightly browned. Turn triangles over and grill until browned and crisp. Serve warm or at room temperature.

Makes 8 servings

TIP: To peel peppers, cut around the cores, twist and remove them. Cut peppers in half; place on a cutting board. Peel off their skins with a paring knife and rinse them under cold water to remove the seeds. Lay the halves flat and slice them lengthwise into ¼-inch strips with a utility knife.

Roll out the fun!

AZTECA

Great recipe ideas for any day of the week!